

# 2001 ROCHESTER RAGING RHINOS

OFFICIAL MAGAZINE

Bill  
Sedgewick  
Midfielder

11

Tommy  
Tanner  
Midfielder

8

Carlos  
Zavala  
Defender

58

Martin  
Nash  
Midfielder

15

Mali  
Walton  
Defender

6

Scott  
Schweitzer  
Defender

3





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Bill  
Sedgewick  
Midfielder  
11

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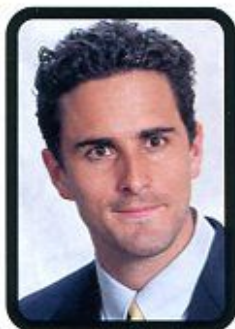
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# RHINOS FAN GUIDE TO YOUR SOCCER GAME NIGHT ENJOYMENT

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**ACCESS:** Frontier Field is easily accessible from route I-490; Exit from east or west bound I-490 onto Plymouth Avenue. The Main Gate and Ticket Office are located along Morrie Silver Way.

**ATM:** An Automated Teller Machine is available for use at Frontier Field.

**CAMERAS:** Fans may bring cameras or camcorders into Frontier Field for their personal use. However, we ask that you do not block anyone else's view of the game, or use flash attachments at any time.

**COMMUNITY APPEARANCES:** The Rhinos welcome the opportunity to speak to your group. The Rhinos Community Relations Department schedules appearances by players, members of the front office and the team mascot. Contact the Rhinos Community Relations Department for more information.

**CONTAINER POLICY/ALCOHOL:** Containers with food and/or beverages may not be brought into Frontier Field. Food and drinks are sold throughout the stadium for your enjoyment.

**EMERGENCY PHONE CALLS:** Guest Services is available as a service to fans expecting emergency phone calls. Fans may leave their seat locations with Guest Services and they will be then contacted with the message. Due to the many requests, public address, medical emergency, or video board paging is not permitted.

**FAN BEHAVIOR:** Our code of behavior is simple - we would like you to enjoy the game in a manner that permits other fans around you to do the same. If your enjoyment is curtailed by rude behavior of fans near you, please report the problem to ushers or security personnel. If you are unsatisfied with the handling of a particular situation, we want to hear from you. Please call or write our offices, Rochester Raging Rhinos, 333 N. Plymouth Avenue, Rochester, N.Y. 14608. The phone number is (716) 454-KICK.

**FIRST AID:** For those requiring medical assistance for any reason, contact your section's usher or security personnel and they will escort you to the Frontier Field aid station.

**GAME TIMES:** All Rhinos home games will begin at 7:35 p.m., except Sunday games, which begin at 6:05 p.m. Check with the Frontier Field ticket window for exhibition/playoff game times. The gates to Frontier Field open one hour before game time. Both teams have a 20 minute warm-up session about 40 minutes before each game.

**GROUP TICKETS:** The Rhinos have special discounts available for group and multi-game purchases. Contact the Rhinos Group Sales Department at (716) 454-KICK.

**GUEST SERVICES:** The Guest Services Booth is located on the Main Concourse near the Main Gates and operates from the time the Stadium opens until after the game ends. Fans may obtain information and assistance, offer suggestions or register complaints at the Guest Services Booth.

**HANDICAPPED SEATING:** Handicapped seating is available at Frontier Field. Please contact either the Frontier Field Ticket Office or the Rhinos Office for information and assistance.

**LOST AND FOUND:** Contact the security person near your section and they will escort you to the Frontier Field Offices.

**MAILING ADDRESSES AND PHONE NUMBERS:** The Rhinos Offices are located on site at Frontier Field at 333 N. Plymouth Avenue, Rochester N.Y. 14608. Our phone number is (716) 454-KICK, and our fax number is (716) 454-5453. Fan mail for individual players and coaches should be sent to them directly at that address.

**PETS:** Pets are not allowed at Frontier Field. Guide dogs and seeing-eye dogs are the exception - they are allowed in Frontier Field.



**RADIO COVERAGE:** WYSL AM 1040 and WBER FM 90.5 create the Rhinos Radio Network, which covers all home and away games. Don Stevens will be the play-by-play broadcaster. Joe Giuliano will be the color commentator. Radio Broadcasts are also heard on the internet at [www.rhinosoccer.com](http://www.rhinosoccer.com).

**RESTROOMS:** Restrooms are located on all levels of the Stadium. Diaper changing areas are available in both the men's and women's rooms. A family (unisex) restroom is available in the Main Concourse.

**SMOKING:** Smoking is only permitted in the designated areas along the Main Concourse.

**SPECIAL SERVICES:** Frontier Field provides many services and amenities to accommodate the needs of guests with disabilities. Information may be obtained at Guest Services.

**SOUVENIRS:** Various merchandise items, including hats, t-shirts, golf shirts, sweatshirts and other Rhinos gifts can be purchased at souvenir stands around Frontier Field or at the Rhinos Team Store. The Rhinos Team Store is located in the historic firehouse near the Walk of Fame. In addition, souvenir items can be purchased at the Rhinos Business Offices during regular business hours. The Rhinos also have a merchandise brochure outlining items that can be purchased through the mail. Write or call the Rhinos Office for one.

**TELEPHONES:** Pay telephones are located on all levels throughout the Stadium. Two TTY telephones are also available on the Main Concourse level.

**TICKETS:** Rhinos fans may purchase single-game tickets at the Frontier Field Ticket Window or by calling 423-9464.

**Tickets at Frontier Field are:**  
\$18.00 (Premium) \$15.00 (Upper-Center) \$14.00 (Sideline & Lower End)  
\$13.00 (Upper End) \$10.00 (Lower Corner)

Senior citizens tickets may be purchased at a \$2.00 discount for any regular season home game. Group tickets may be purchased by calling the Rhinos Office at (716) 454-KICK.

**TOURS:** Frontier Field tours are conducted throughout the season. Fans get a chance to view different areas of the Stadium, the clubhouse, press box and the owner's suite. Fans will also receive information on the construction and the amenities of Frontier Field. Special group tours are also available. Please call (716) 262-2009.

**WALK OF FAME:** The Frontier Field Walk of Fame is a tribute to fans, players and media throughout Rochester's sports history. It is comprised of panels, each displaying a member of Rochester's Sports Walk of Fame, surrounded by bricks with names of fans and businesses who support Rochester's rich tradition of sports history. Bricks can be purchased at the cost of \$100.00 per brick. If interested in getting your name on a brick in the Walk of Fame call (716) 777-9642.

**WEB SITE:** Visit the Official Rhinos Website at [www.rhinosoccer.com](http://www.rhinosoccer.com) for all the latest information and updates on the Rhinos.

ROCHESTER RAGING RHINOS

FOR YOUR INFORMATION



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# 2001 ROCHESTER RAGING RHINOS

ROCHESTER RAGING RHINOS

Billy  
Andracki  
Goalkeeper

1



7





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Nash  
Midfielder

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Mali  
Walton  
Defender

6

Scott  
Schweitzer  
Defender

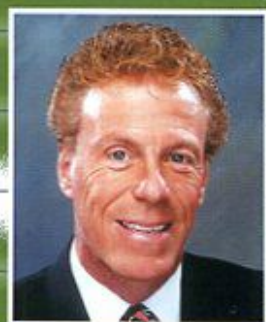
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The Rochester Raging Rhinos enter the 2001 season, their sixth in the A-League, on a mission. No rest for the championship weary. A challenge to continue their amazing streak - one that has brought three championships to Rochester in the last three seasons. A team that has seen players come and go... and some even come back again.



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ROCHESTER RAGING RHINOS

Gabriel  
Gervais  
Midfielder

22

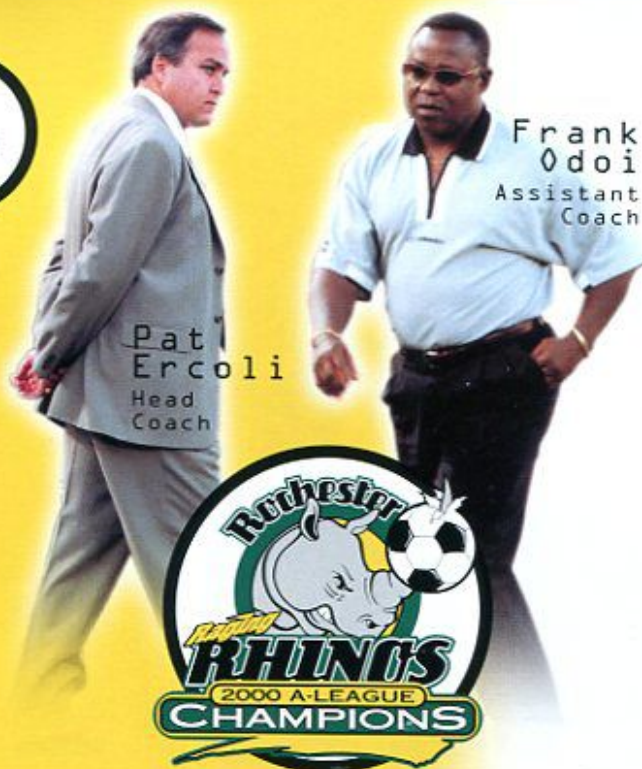
Mario  
Cristofori  
Midfielder

36



15





Pat  
Ercoli  
Head  
Coach

Frank  
Odoi  
Assistant  
Coach

**You have won three championships in the last three years. As the coach have you ever sat back and thought about what you have accomplished?**

**FRANK:** It's not an easy task to win three championships in such a short time. I think some people think that because we are the Rhinos we can step on the field and expect to win. Winning those championships was really a great achievement. Every season has its ups and downs, but the key is staying mentally prepared, working hard and not quitting.

**How do you top those accomplishments?**

**PAT:** Well, every year we have had a different team. The face of the team has changed each season over the last five years. So even though we have won those championships, and appeared in six championship games it's always done with some new players. So every year presents a new challenge with respect to winning because there are always some new faces.

**What, if anything, do the Rhinos have to prove in the A-League?**

**PAT:** Well I think we are one of the model organizations in the league. When you have a quality organization like the Rhinos, others try and model themselves after you as coaches, as a team and in the front office as well. So it's not just what we do on the field, but what we do off it that matters too. So I think in that respect the Rhinos as an organization must always strive to get better in all facets each and every year.

**FRANK:** You can never stand still if you want to lead the way. If you do you will be passed by.

**How do you and Frank keep from getting complacent?**

**FRANK:** What we do isn't an easy job. It takes a lot of work to constantly try and upgrade the team. Teams are constantly trying to beat us because of the success we have had. The amount of work that goes into that doesn't allow us to get complacent.

**Do you feel a sense of pride as a coach in developing players like Yari Allnutt and Craig Demmin and watching them advance in their careers?**

**PAT:** Well first of all it isn't just those guys that we should be talking about. Yes it feels great to see players like Allnutt and Demmin and even Pat Onstad advance their careers by moving to a higher level of play. But what I am most proud of is the relationships that I have established over the years. I mean

players mature and grow on a personal level too. They get married, have children and sometimes make the very difficult decision of not playing soccer anymore. When I look back at the players that we have had here I am most proud of the relationships that I have made and maintained with them over the years.

**Much has been made of the fact the Frontier Field isn't the ideal size for soccer. Do you mold your strategy and tactics around the size of Frontier Field, knowing that you play half of your games here?**

**PAT:** We certainly like to try and take advantage of that but we always try and build our strategy around our personnel. Three years ago our personnel dictated that we move back and counter-attack, last year we could incorporate more of an attacking style. Every year is different, depending on the players we have on the team.

**There has been a philosophy in years past to create competition for jobs. This year is no different with the goalkeeper and midfielder situations. Obviously you welcome healthy competition for players.**

**PAT:** In any business competition is healthy. If you don't always try and outdo your competition and get better you will get beat. Competition keeps people honest... it keeps them willing to work hard.

**FRANK:** If a player knows that he doesn't have anybody pushing him for a job, then he might get complacent, and that hurts the team. You have to be willing to work hard if you want to succeed.

**There are some players like Tanner, Steenkamp, Andracki and Schweitzer who have been here for a while. Do you lean on veterans to help guide the team.**

**PAT:** No question. If you look at certain guys some are leaders on the field, some are leaders in the locker room, some have better communication than others and some better social skills. You can't always find all those leadership qualities in the same person. What we try and do is find a mixture of guys who demonstrate these qualities. Those guys you mentioned have not only been great players for us but great leaders as well.

**How is this year's team look?**

**PAT:** We believe it will be a good team. We look for players who have the proper technical ability and the right attitude. If they come in here with that, then we believe that we can teach them. I think this team is an extension of Frank and myself. If you look at the players on this team, they are guys who have certain characteristics that we look for. Some guys have come in the past and didn't carry those particular traits and characteristics that we like to see... unfortunately things didn't work out with them.

**I am going to say two words - give me your thoughts on them - FOUR-PEAT.**

**FRANK:** I think we need to take one step at a time. It is definitely one of our goals. Right now we are working so hard to try and upgrade our team and it isn't easy. We have been so successful over the years and when you are and when you beat other teams as often as we have, they want to beat you back. When other teams want to beat you so bad it has to push you to another level or you won't be as successful.

**You and Frank have been together for six years now. How has your relationship helped the Rhinos be successful?**

**FRANK:** (laughing) We fight all of the time.

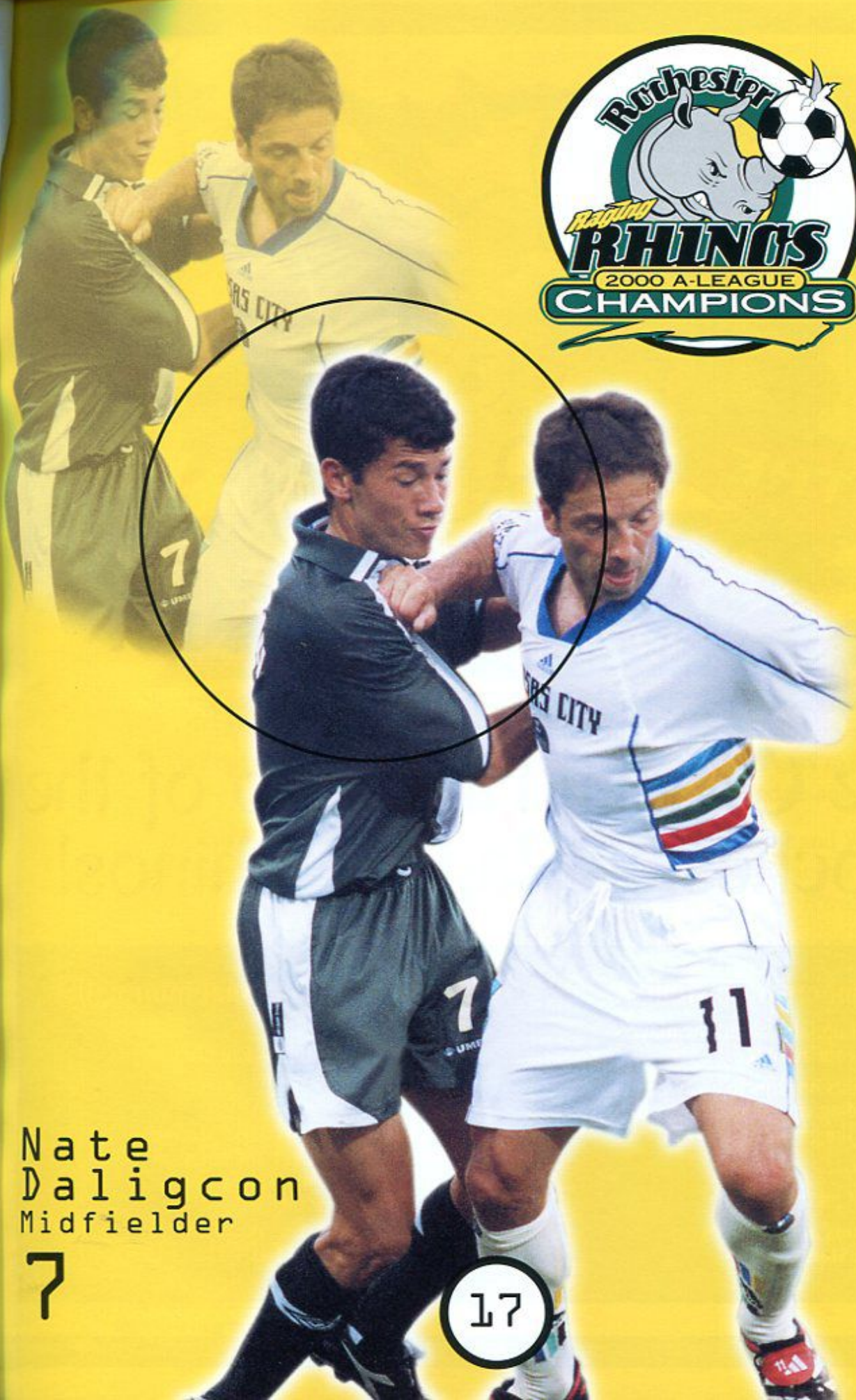
**PAT:** We don't see eye-to-eye on everything that we do. But we have enough respect for each other and each others knowledge and abilities, as far as this game is concerned, that we can compromise when it comes to strategies and evaluating talent. This is a sport that we both love and it has been a part of both of our lives for a long time. One of us may see something in a player that the other doesn't and since we have been together so long we have learned to trust each other's judgement.

WRITTEN BY  
ERIC TRENDL



# 2001 ROCHESTER RAGING RHINOS

ROCHESTER RAGING RHINOS



Nate  
Daligcon  
Midfielder

7

17



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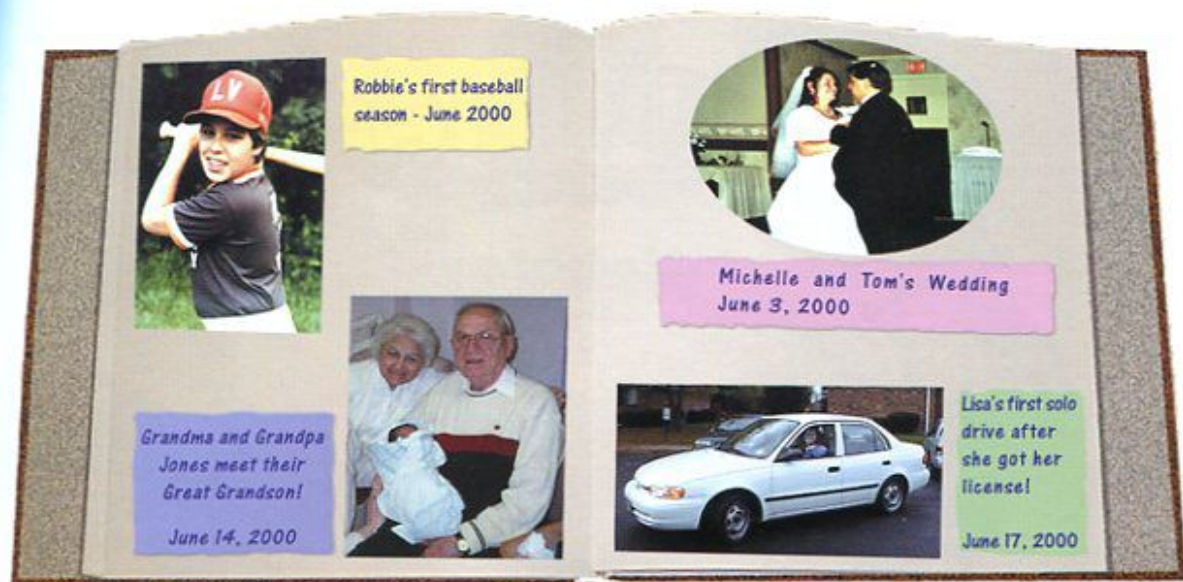
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Carlos  
Parra  
Midfielder

5

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WDKX AND THE RHINOS ARE TEAMING UP AGAIN



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# The and COMMUNITY

When Andrew A. Langston was growing up in Georgia, he used to caddie at a local golf course. He observed how the men would swing the club, chip around the greens, and line up their putts to finish out the hole. To this day, Langston uses the power of observation to help his golf game (he's a scratch golfer), and teach a very important lesson to today's youth.

Langston, owner of Rochester radio station WDKX-FM 103.9, is a firm believer that sports have a positive effect on youth. That's why he is an avid supporter of the Rochester Raging Rhinos professional soccer team, and why WDKX and the Rhinos have teamed up to make the game of soccer available to all kids in the city of Rochester.

"The Rhinos are important in the community," shared Langston. "It's important that the players not only share their soccer skills and talent with the kids, but also their priorities and philosophy on how to reach goals in life. Like our on-air talent at WDKX, the majority of the Rhinos players have graduated from college. To go out into the Rochester community and share these experiences will make a difference."

Langston, who named his radio station after Frederick Douglass, Dr. Martin Luther King Jr., and Malcolm X - WDKX - believes that giving back to the community is priority number one for all of his businesses, especially the radio station. After 26 years on the air, WDKX is a leader in providing community support in Rochester.

"I love when the different communities of the area mix together in an atmosphere of fun and partnership," continues Langston. "Soccer is a world-wide sport, the one game in the world that really brings everyone together for the good of the game. I know that kids of all races and backgrounds will be attending Rhinos games this summer. More importantly, the Rhinos are making a commitment to the community by reaching out with their players and staff by holding clinics and games for the kids. It's another outlet in the city for kids to use their energy in a positive way."

WDKX and the Rhinos are involved in projects together to help kids in the community. "Coaches Corner" is a joint effort to bring charitable organizations to a Rhinos game by giving away 25 tickets per match. "It's a chance to bring entire families together to enjoy a game in a nice setting at Frontier Field," said Langston. "It keeps the kids off the street and exposes them to the sport of soccer and the players, who can show them that hard work and diligence points the way to success."

The Rochester Raging Rhinos and WDKX are teaming up to make the game of soccer fun and exciting, and working together to make the Rochester community a better place to live.



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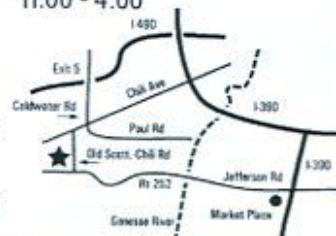
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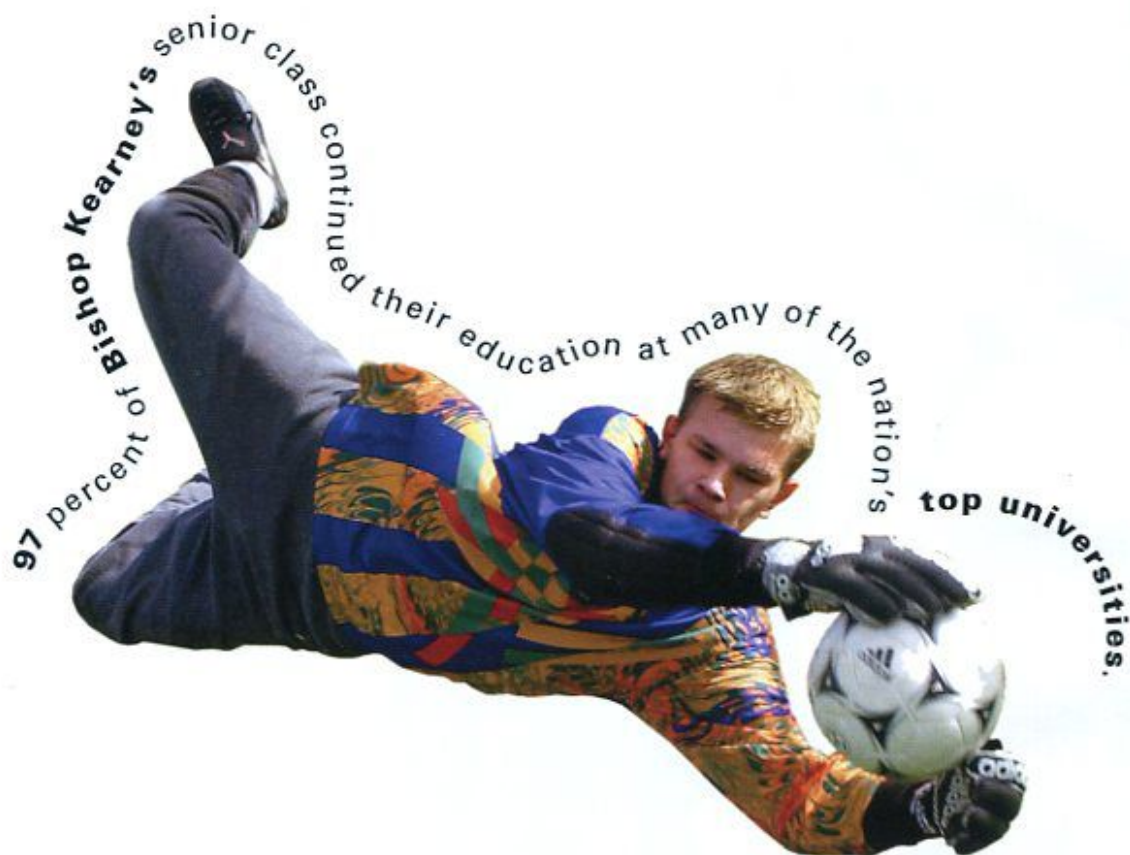
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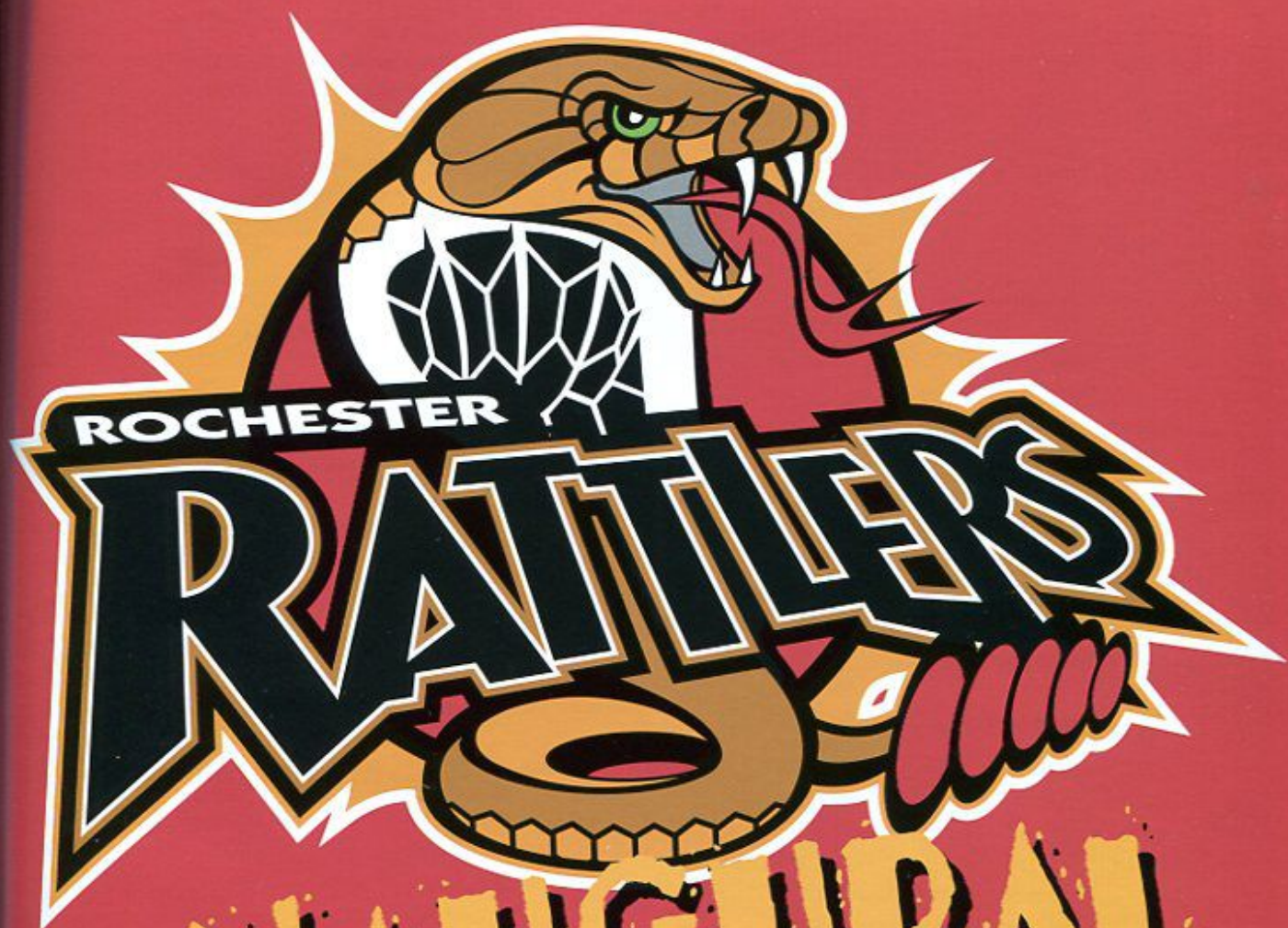
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## Q&amp;A ABOUT ROCHESTER'S MULTI-PURPOSE STADIUM

**What is PaeTec Park?**

PaeTec Park is Rochester's 20,000-seat, multi-purpose outdoor stadium that will host the Rochester Raging Rhinos professional soccer club and other sports teams, musical events, cultural happenings and national sporting events. The stadium will contain 17,500 permanent seats, 1,250 club seats, 30 luxury suites and a full range of concession and merchandise facilities. It will be located in the Brown's Square area of the High Falls District in downtown Rochester, just across the Kodak parking lots from the Rhinos current home, Frontier Field.

**Why is it named PaeTec Park?**

PaeTec Communications, a local telecommunications company, has secured the naming rights to the stadium. PaeTec Communications President & CEO Arunas Chesonis believes that the stadium will provide enjoyment to the people of Rochester and will bring a better quality of life here in the Flower City.

**Who will own and operate the stadium?**

A newly appointed three-person board, the Monroe County Sports Authority, will own the stadium and oversee the financial end. The Rhinos will operate PaeTec Park on a day-to-day basis, ensuring that events are booked into the stadium and that the day-to-day operations run smoothly.

**What will be the total cost of construction for PaeTec Park?**

PaeTec Park will be built by a combination of public and private funds. The Rhinos have pledged \$26 million dollars toward the \$48 million total cost of the stadium. Of that \$26 million, \$22 million will be generated through the sale of taxable revenue bonds to investors, with no risk to the taxpayers of Monroe County. Governor Pataki and New York State has pledged \$15 million to the project and County Executive Jack Doyle and Monroe County has offered \$7 million from the county's hotel-motel bed tax fund.

**How much are the local taxpayers "on the hook" for this project?**

Local taxpayers will not contribute one more dollar to PaeTec Park, the public funding is already in place for the construction of the stadium and if the stadium does not live up to its financial obligations, the investors of the taxable revenue bonds will absorb any fiscal loss.

**Will the Rhinos make enough money to support the stadium?**

The Rhinos plan to retire the stadium debt will be accomplished on a yearly basis by a portion of the suite revenue, sponsorship sales, stadium naming rights, parking revenue, food concessions, ticket surcharges, beverage pouring rights and scoreboard advertising. Most of the suites have already been sold, as well as the naming rights.

**What kind of events will be held at PaeTec Park?**

The Rhinos will host 20-25 matches per season at PaeTec Park. Other soccer related events include the Raven women's team, possible USA national team "friendly" and qualifier matches as well as college, high school and youth tournaments. College and high school football, men's and women's lacrosse and field hockey games as well as New York State championship games will be booked into PaeTec Park. Drum and Bugle competitions, with Rochester's World Champion Empire Statesmen, concerts, outdoor shows, community events and youth contests will also be held at the stadium.

**How will the stadium benefit the community?**

Beside providing an entertainment venue for the nearly 3 million people of the Western and Central New York, PaeTec Park will generate 350-450 construction jobs and 100-150 permanent and part-time jobs when completed. Approximately \$700,000 in state and local sales taxes will be generated in the first year and the same figure is expected on a yearly basis.

**Who will design and build PaeTec Park?**

HOK Sports Facility Group in Kansas City, Missouri has designed the architectural renderings for PaeTec Park. HOK has worked with 29 of the 32 National Football League franchises and 22 of the 28 Major League baseball teams. Clients include numerous professional and collegiate soccer, basketball, hockey and rugby teams. Recently, HOK has designed soccer stadiums in Australia and New Zealand. As of early Spring, a construction firm has yet to be retained.

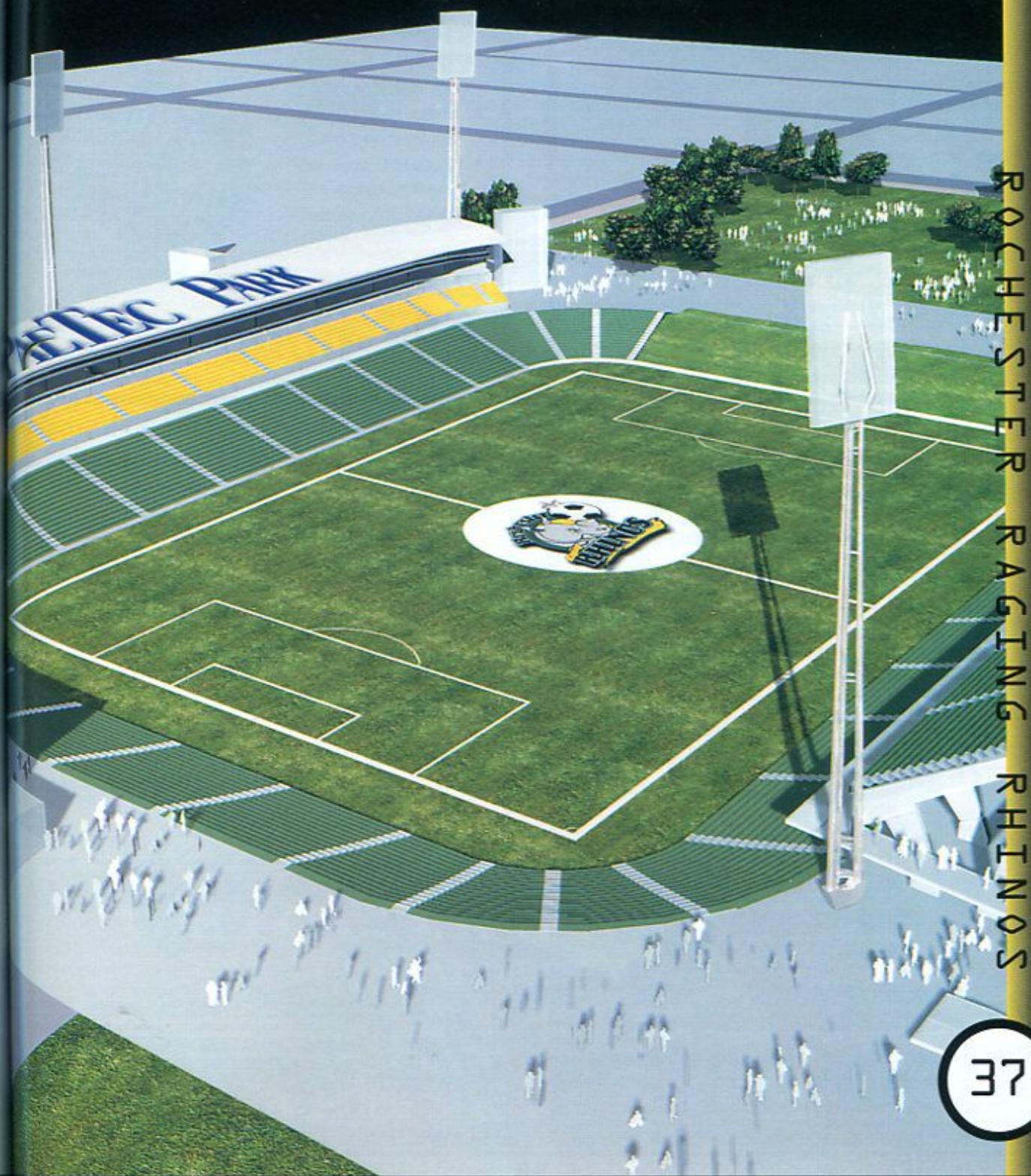
WRITTEN BY  
STEVE ROSSI





When will construction begin on PaeTec Park, and when is the stadium due to open?

The Rhinos hope to "stick a shovel in the ground" in the Spring of 2002, and with a 13-month building period, the stadium would be on schedule to be opened in the Spring of 2003.



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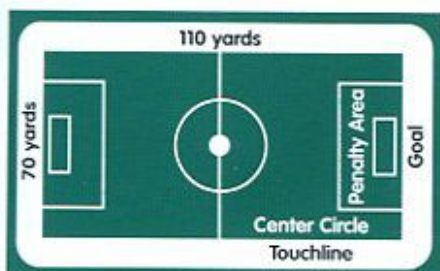
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**Law 3: NUMBER OF PLAYERS** A maximum of 11 players on the field for each team. One of whom must be designated as a goalkeeper. Up to four substitutes may be used by each team.

**Law 4: PLAYERS EQUIPMENT** Jersey, shorts, stockings, shinguards and shoes. The goalkeeper's jersey color must distinguish him from other players and the referee. A player may not wear anything dangerous to another player.

**Law 5: REFEREE** One referee is appointed for each match. He is responsible for enforcement of the laws; serving as timekeeper; disciplining players; stopping the match if, in his opinion, a player has been seriously hurt; preventing persons other than the players and linesmen from entering the field without his permission. All decisions by the referee are final.

**Law 6: LINESMEN** Two linesmen are appointed to assist the referee in controlling the match by indicating offside when a ball has crossed a touchline and which team should put it into play with a throw-in; when a ball has crossed a goal line and whether it should be put back into play with a goal kick or corner kick; when an infraction has been committed, and whether a goal has been scored fairly.

**Law 7: DURATION OF THE GAME** Two equal periods of 45 minutes. The referee may extend the time for long or unusual delays, such as injury or time-wasting by a team. (Note: A-League rules call for a sudden-death overtime period when a match is tied after 105 minutes of regulation play.)

**Law 8: START OF PLAY** The team that wins the coin flip can either choose which end of the field it wishes to defend or take the kickoff. Each team must remain on its own half of the field and the defending players must be a minimum of ten yards away from the ball until it is kicked forward and rolled its full circumference. A goal cannot be scored directly from the kickoff. After a goal, the team scored upon kicks off. After the kickoff is taken by the team that did not kick off to start the game. Drop ball: When the referee stops play for a reason other than a rule infraction or a delay such as a player injury, he restarts play by dropping the ball where the ball was when the play was stopped. A drop ball is not in play until it hits the ground.

**Law 9: BALL IN and OUT OF PLAY** The ball is out of play when (A) it has completely crossed the goal-line or touchline, whether on the ground or in the air, or (B) the game has been stopped by the referee. The ball is in play at all times from the beginning to the end of a half, including when it remains on the field after striking the referee, linesmen, goal post, crossbar, or corner flag; and after an assumed infringement of the laws, until the referee stops play.

**Law 10: METHOD OF SCORING** A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar while it is legally in play.

**Law 11: OFFSIDE** A player is in an offside position if he is nearer to his opponent's goal line than the ball, unless (A) he is in his own half of the field of play, or (B) there are at least two of his opponents as close or closer to their own goal. A player is penalized for being in an offside position only if, at the moment the ball touches or is played by a teammate, he is (in the opinion of the referee) (A) interfering with play with an opponent, or (B) seeking to gain an advantage by being in that position. A player is not declared offside by the referee (A) merely because of his being in an offside position, or (B) if he receives the ball directly from a goal kick, corner kick, or throw-in, or when it has been dropped by the referee.

**Law 12: FOULS and MISCONDUCT** A team whose player intentionally attempts or actually kicks, trips, jumps at, charges violently, charges from behind, strikes or spits at, holds or pushes an opponent, or handles the ball is penalized by a direct kick. Any one of these nine offenses committed in the penalty area by a defender results in the awarding of a penalty kick to the attacking team. A team whose player commits less flagrant fouls such as offside, dangerous play or obstruction is penalized by an indirect free kick. The referee may caution a player (or others) for persistent misconduct, dissent, ungentlemanly conduct or entering the field without permission; the offender is shown a yellow card. The referee also may send off (eject) a player (or others) for foul or abusive language, or persistent misconduct after receiving a caution. The player sent off the field may not be replaced.

**Law 13: FREE KICK** A direct free kick from which a goal can be scored directly against the offending team; an indirect free kick from which a goal cannot be scored unless the ball has been touched by another player before entering the goal. In both cases, the offending team's player must be at least ten yards from the ball until the ball has been touched, and the ball must be still. (Note: A-League rules call for defenders to stand at least fifteen yards from the ball on all free kicks.)

**Law 14: PENALTY KICK** A direct free kick from the penalty spot. All players except the player taking the kick and the opposing player taking the kick and the opposing goalkeeper must remain outside the penalty area until the ball is kicked. The defending goalkeeper may move laterally along the goal line prior to the striking of the ball, but he may not move forward until the ball is struck by the shooter.

**Law 15: THROW-IN** The method for putting the ball back into play after it has wholly passed over the touchline. A player from the team that did not touch the ball last takes the throw-in from the point on the touchline where the ball exited the field; he throws by using both hands to deliver the ball from behind and over his head; a part of each foot is either on the touchline or on the ground outside the touchline. An indirect free kick will be awarded if a goalkeeper picks up the ball with his hands after receiving a throw-in from a teammate.

**Law 16: GOAL KICK** The method for putting the ball back into play after it has wholly crossed the goal line after being touched by a player from the attacking team. A player from the team that was defending kicks the ball from his own goal area.

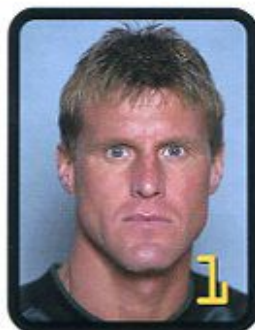
**Law 17: CORNER KICK** The method for putting the ball back into play after it has wholly crossed the goal line after being last touched by a player from the defending team. A player from the attacking team kicks the ball from the corner nearest to where the ball exited the field.

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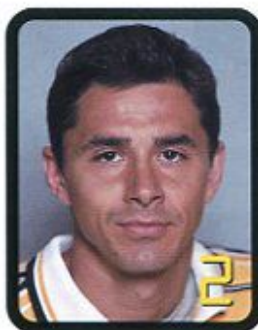
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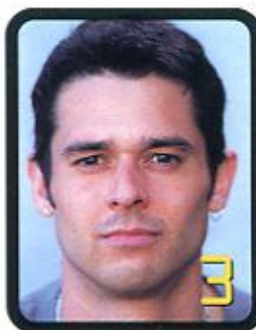
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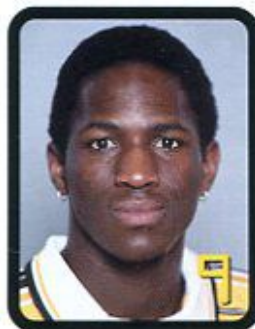
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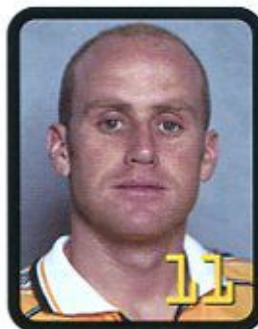
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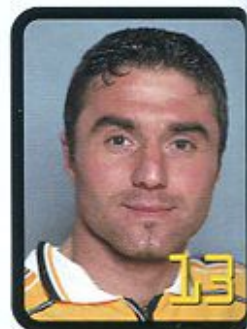
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DOB: 2.10.72 Long Island, NY  
'00 Club: Rochester-A



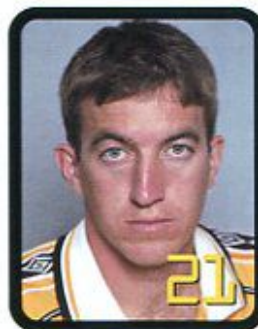
**ATANAS  
KIROV**  
FORWARD

Ht: 5'11" Wt: 175  
DOB: 11.11.69 Stralga, Bulgaria  
'00 Club: Ionnina (Greek)



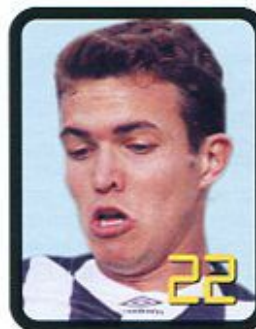
**JIMMY  
GLENN**  
FORWARD

Ht: 5'11" Wt: 180  
DOB: 8.9.72 Monterey, CA  
'00 Club: Rochester-A



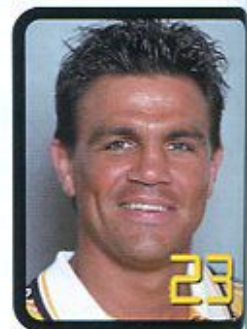
**KIRK  
WILSON**  
MIDFIELDER

Ht: 5'10" Wt: 165  
DOB: 10.7.77 Torrance, CA  
'00 Club: El-Paso-A



**GABRIEL  
GERVAIS**  
MIDFIELDER

Ht: 6'1" Wt: 175  
DOB: 9.18.76 Brossard, QUE  
'00 Club: Rochester-A



**LENIN  
STEENKAMP**  
MIDFIELDER

Ht: 6'0" Wt: 180  
DOB: 9.9.69 Durban, South Africa  
'00 Club: Rochester-A



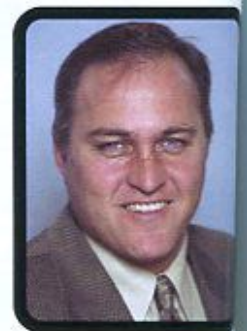
**FRANK  
DuROSS**  
PRESIDENT



**STEVE  
DONNER**  
CEO



**CHRIS  
ECONOMIDES**  
VP/GENERAL MANAGER/COO



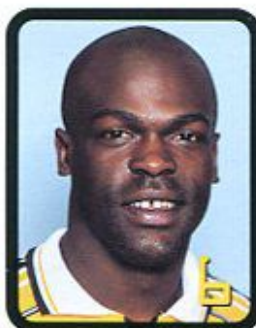
**PAT  
ERCOLI**  
HEAD COACH





**CARLOS  
PARRA**  
MIDFIELDER

Ht: 6'0" Wt: 165  
DOB: 2.3.77 West Haven, CT  
'00 Club: NE Revolution-MLS



**MALI  
WALTON**  
DEFENDER

Ht: 6'1" Wt: 180  
DOB: 4.25.72 Flint, MI  
'00 Club: Rochester-A



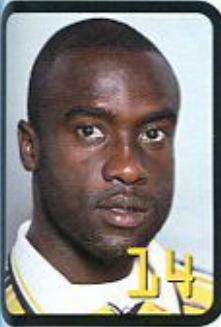
**NATE  
DALIGCON**  
MIDFIELDER

Ht: 5'9" Wt: 155  
DOB: 11.17.69 Seattle, WA  
'00 Club: Rochester-A



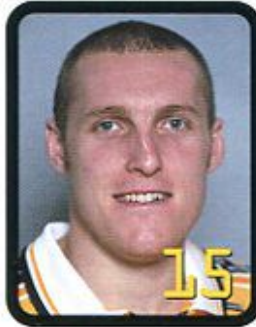
**TOMMY  
TANNER**  
MIDFIELDER

Ht: 5'8" Wt: 150  
DOB: 3.10.68 Syracuse, NY  
'00 Club: Rochester-A



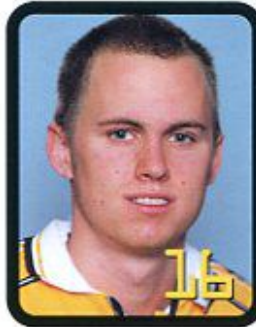
**MICKEY  
TROTMAN**  
FORWARD

Ht: 5'9" Wt: 175  
DOB: 10.21.74 Arima, Trinidad  
'00 Club: Joe Public-(T&T 1st)



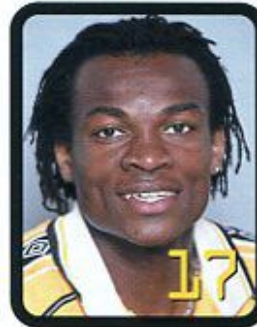
**MARTIN  
NASH**  
MIDFIELDER

Ht: 5'10" Wt: 165  
DOB: 12.27.75 Victoria, BC  
'00 Club: Rochester-A



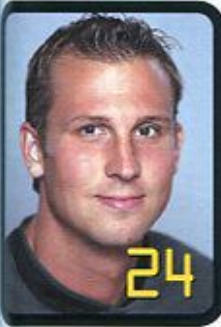
**STEVE  
BUTCHER**  
FORWARD

Ht: 6'2" Wt: 175  
DOB: 4.15.78 N.Tonawanda, NY  
'00 Club: Rochester-A



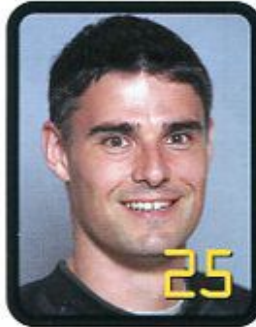
**DAN  
ANNAN**  
MIDFIELDER

Ht: 5'9" Wt: 155  
DOB: 10.27.77 Staten Island, NY  
'00 Club: Rochester-A



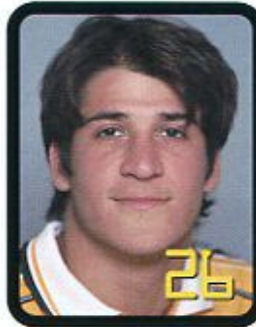
**SCOTT  
VALLOW**  
GOALKEEPER

Ht: 6'3" Wt: 195  
DOB: 6.8.77 Modesto, CA  
'00 Club: Rochester-A



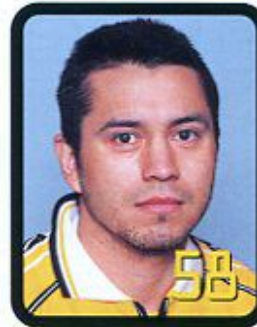
**PAT  
ONSTAD**  
GOALKEEPER

Ht: 6'4" Wt: 215  
DOB: 1.13.68 Vancouver, BC  
'00 Club: Dundee United



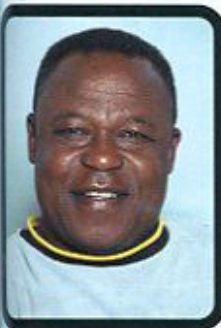
**MARIO  
CRISTOFORI**  
MIDFIELDER

Ht: 5'11" Wt: 160  
DOB: 7.12.79 Fairport, NY  
'00 Club: University of Syracuse

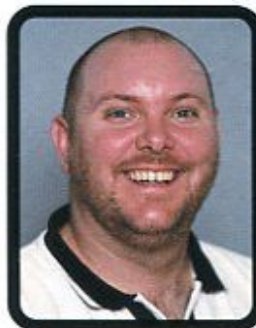


**CARLOS  
ZAVALA**  
DEFENDER

Ht: 5'11" Wt: 175  
DOB: 6.11.69 Toluca, Mexico  
'00 Club: Rochester-A



**FRANK  
ODOI**  
ASSISTANT COACH



**MIKE  
KATZ**  
HEAD TRAINER

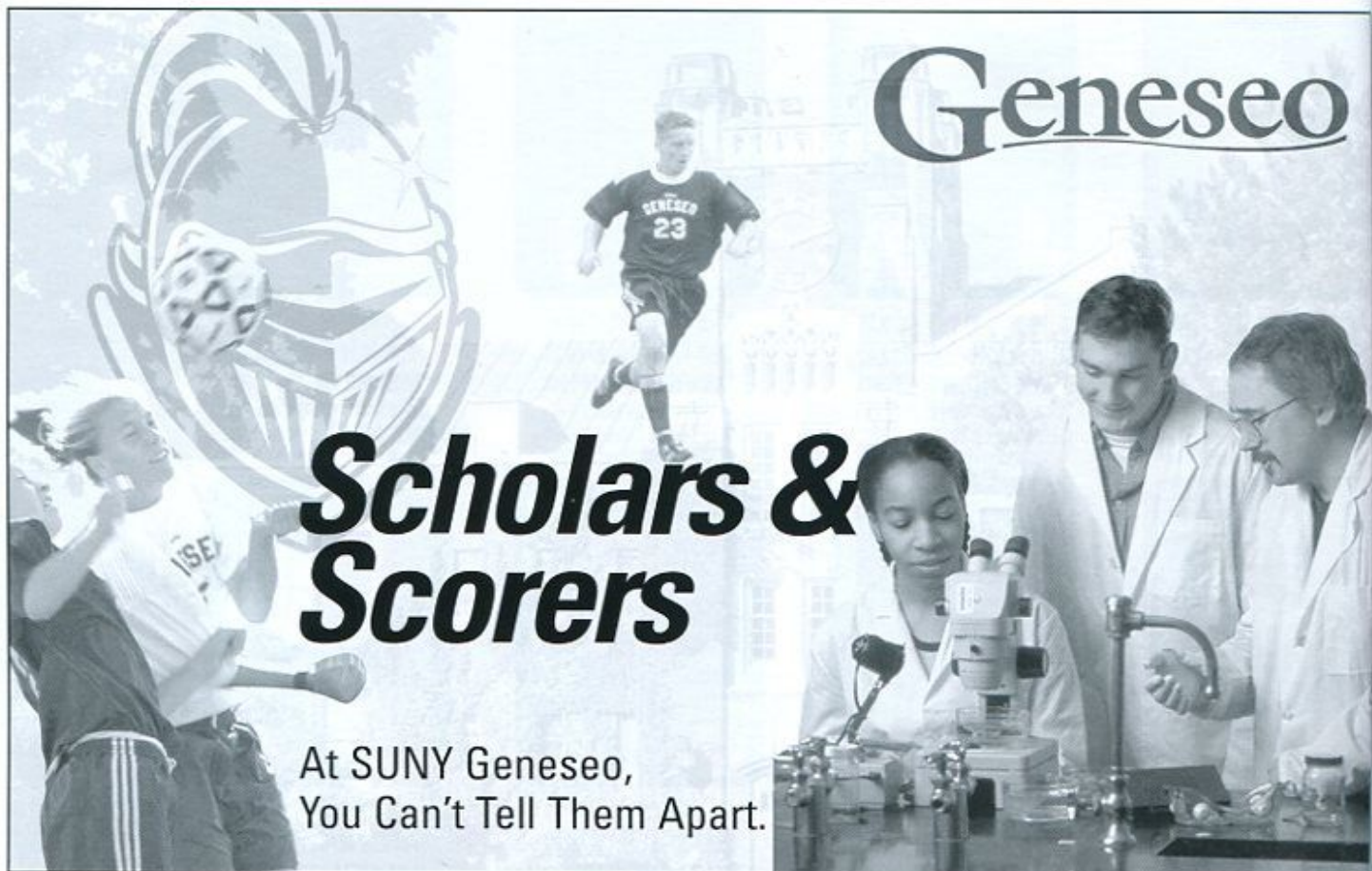




# Geneseo

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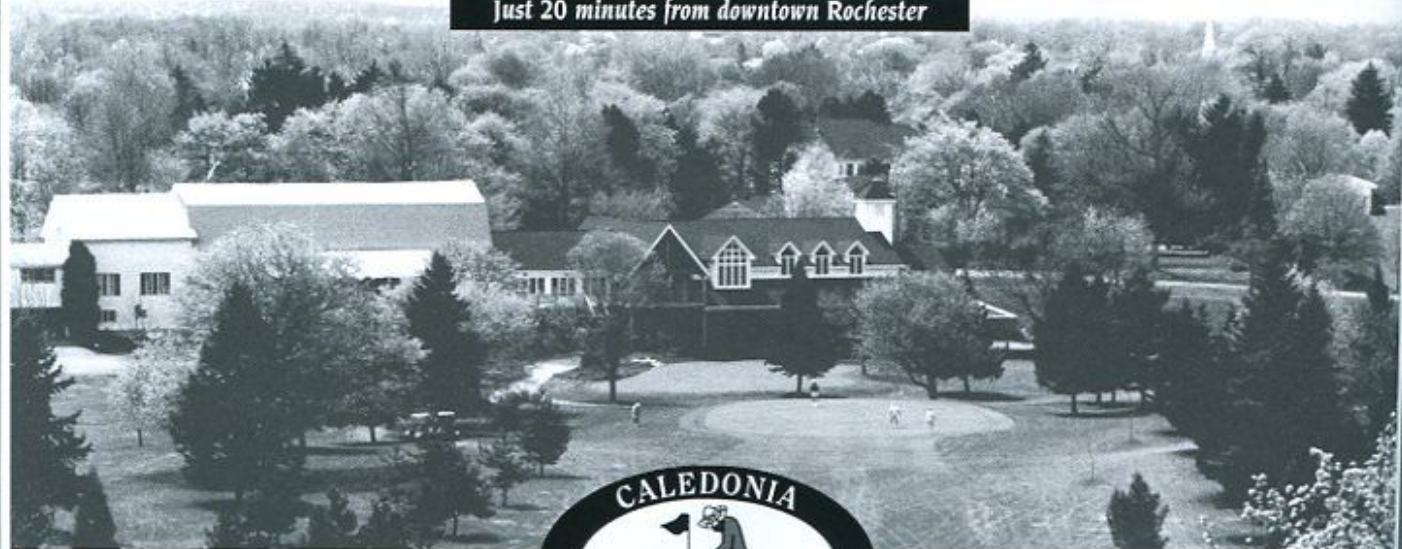
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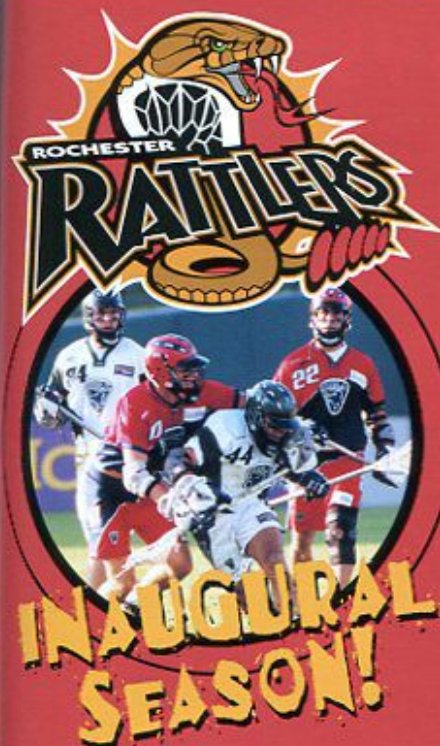
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7-21	BALTIMORE Bayhawks	7:30
7-22	NEW JERSEY Pride	6:00
7-29	BALTIMORE Bayhawks (@ HOBART COLLEGE)	6:00
8-10	NEW JERSEY Pride	7:30
8-23	LONG ISLAND Lizards	7:30

## AWAY GAMES

6-14	Long Island LIZARDS	7:30
6-24	Baltimore BAYHAWKS	7:00
7-6	Bridgeport BARRAGE	7:30
7-27	New Jersey PRIDE	7:30
8-4	Boston CANNONS	7:00
8-16	New Jersey PRIDE	7:30
8-18	Baltimore BAYHAWKS	4:00

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- No 2 EAST REGION July 9-13  
(Fairport Location TBA - see fairportsoccer.com for more details)
- No 3 SOUTH EAST REGION July 16-20  
(Harley Allendale School)
- No 4 ONTARIO REGION July 23-27  
(Wayne Central High School)
- No 5 NORTH EAST REGION July 30-Aug 3  
(XEROX Recreation - Webster)
- No 6 WEST REGION August 6-10  
(IACC - Gates)
- No 7 NORTH REGION August 20-24  
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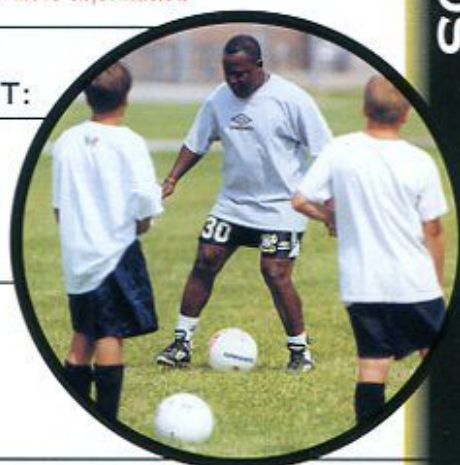
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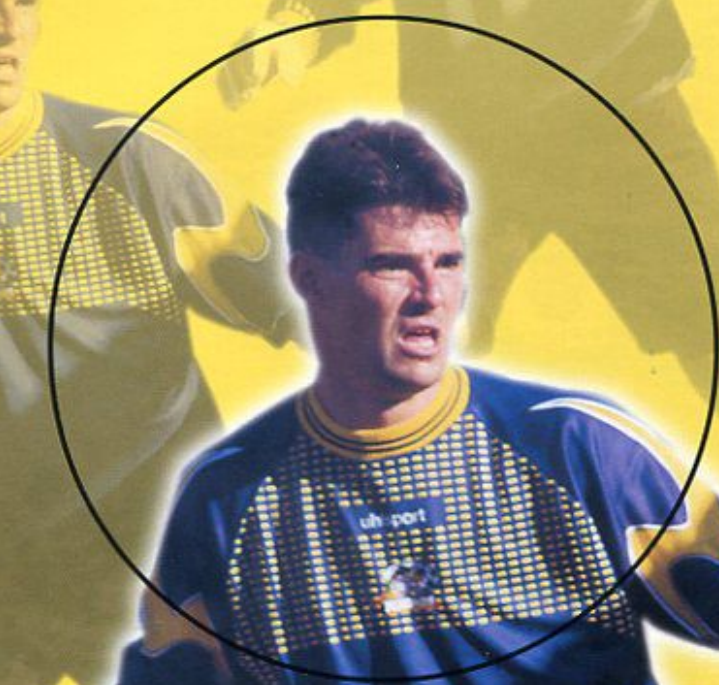


# 2001 ROCHESTER RAGING RHINOS

ROCHESTER RAGING RHINOS

Pat  
Onstad  
Goalkeeper

25



47



**ADVANTAGE CLAUSE:** Applied by the referee when, in his opinion, calling a foul would give an advantage to the offending team. No foul is called and the referee signals "play on."

**CAUTION:** A disciplinary action taken by the referee against a player (or others) for the persistent misconduct, dissent, ungentelemanly conduct or entering the field without permission. The offender is shown a yellow card; a second offense brings a red card and the player is ejected from the match.

**CENTER:** A ball passed from a wide position on the field into the penalty area. Also called a "cross."

**CHIP:** Pass lofted high over an opponent or opponents to a teammate.

**CHARGE:** Use of the shoulder to force an attacker off-balance and gain possession of the ball.

**CLEARANCE:** A ball thrown (by the goalkeeper), kicked or headed by the defending team away from its own penalty area.

**CORNER KICK:** Direct free kick taken by an attacking player from the corner of the defending team's end of the field. A corner kick is awarded if a ball was last touched by the defending team before going over the defending team's goal line (but not into the goal.)

**DEFENDER:** Player who ordinarily is positioned near his own goal behind the midfielders and forwards and whose primary responsibility is the prevention of the opponent from scoring. Also called "fullback."

**DIRECT FREE KICK:** Usually awarded after a foul, the ball is placed in a stationary position and may be kicked directly into the opposition's goal without first being touched by another attacker. Corner kicks and penalty kicks are also direct free kicks.

**DRIBBLE:** Action of a player who advances the ball with a series of short taps with the feet.

**DROP BALL:** Ball dropped by the referee between two opposing players to restart a game after a play has been stopped for a no-penalty situation.

**EJECTION:** A disciplinary action taken by the referee against a player (or others) for violent conduct and/or serious foul play, foul or abusive language, or persistent misconduct after receiving a caution (yellow card). The offender is shown a red card and sent off the field. He may not be replaced by another player.

**4-4-2:** A team formation that has four defenders, four midfielders, and two forwards.

**FIRST-TIME PASS:** Ball passed without the player first stopping it. Also called "one touch".

**FORWARD:** Player who ordinarily is positioned ahead of the midfielders and whose primary responsibility is to create and score goals. An inside forward is called a "striker."

**GOALKEEPER:** Player who is positioned in his goalmouth and whose primary responsibility is the prevention of goals by the opposition. The goalkeeper may use his hands while he is in his own penalty area, and his uniform must contrast with those of the field players on both teams.

**GOAL KICK:** Indirect free kick taken by a defending player from the defending team's goal area. A goal kick is awarded when a ball was last touched by the attacking team before going over the defending team's goal line (but not into the goal).

**HALF-VOLLEY:** Kick taken just as the ball bounces off the ground.

**HAND BALL:** A ball touched illegally by a player's hand or arm.

**HEADING:** Use of the head; usually the forehead at the hairline to pass, shoot, clear or control the ball.

**INDIRECT FREE KICK:** Usually awarded after a minor infraction, the ball is placed in a stationary position and may not be kicked directly into the opposition's goal without first being touched by another attacker.

**KICKOFF:** A ball placed in the center spot at midfield and kicked forward by an attacking player; used to start the game at the beginning of each half and after a goal has been scored. A goal cannot be scored directly from a kickoff.

**LINESMAN:** Two officials, each equipped with a flag, who assist the referee from the touchlines by signaling offsides, when a ball has gone out of bounds and when a foul has been committed. The referee may choose not to act on a linesman's call.

**MARK:** Guarding an attacking player.

**MIDFIELDER:** Player who ordinarily is positioned in front of the defenders and behind the forwards, whose primary responsibility is to create a link between the defenders and forwards. Also called "halfback."

**NUTMEG:** A ball played by an attacking player between the legs of a marker and retrieved by the same attacking player.

**OBSTRUCTION:** Action of a player who impedes an opponent by standing in or moving into his path without attempting to play the ball.

**OFFSIDE:** Position of an attacking player if he is between his opponent's goal line and the ball when the ball is played unless he is on his own half of the field or two opponents are no farther from the goal line than the attacking player. A player cannot be offside if he receives the ball directly from a corner kick, goal kick, throw-in or drop ball situation.

**OFFSIDE TRAP:** Maneuver by a defense whereby the defenders move toward the opposing team's goal during an attack by the opposition to catch at least one attacker in an offside position.

**OVERLAP:** An attacking run by a defender that carries him past his own midfielders.

**PENALTY KICK:** Direct free kick from the penalty spot after a major foul has been committed by the defending team in its own penalty area. The opposing goalkeeper must remain stationary on his goal line between the goal posts and other players must be outside the penalty area; the ball is kicked by an attacking player.

**REFEREE:** The official in charge of the match. Primary responsibilities are to protect the players and serve as an official time keeper.

**SAVE:** A ball caught, deflected, or otherwise prevented by the goalkeeper from going into the goal.

**SHIELD:** A dribbler who prevents an opponent from taking the ball by keeping himself between an opponent and the ball.

**SHOT:** The kicking or heading of the ball toward the goal with the intention of scoring.

**SQUARE PASS:** A lateral pass.

**STOPPER:** A central defender whose primary responsibility is to mark the opposing center forward or striker.

**SWEEPER:** A defender who is free to roam in front of and behind his team's defensive line.

**TACKLE:** An attempt to dispossess an attacker of the ball. A common tackle is the slide tackle, which involves a sliding attempt to kick away the ball.

**THROUGH PASS:** Pass that travels toward the goal between two or more defenders to a teammate, putting him in a position to score.

**THROW-IN:** A throw executed by an attacking player from outside the touchline. A throw-in is awarded against the team that last touched the ball before it crossed the touchline. The player taking the throw-in must throw the ball onto the field over his head using both hands; he must also keep both feet on the ground either outside or on the touchline.

**TRAP:** The use of the foot, thigh, chest, etc., by a player to bring a ball under control.

**VOLLEY:** Kick taken before a ball bounces on the ground.

**WALL:** A line of three or more players positioned at least ten yards from the ball; used to help defend against a free kick.

**WALL PASS:** Pass in which an attacker sends the ball to a teammate (the "wall") who immediately plays the ball back to the attacker who has to run to an open space. Also called "give and go" or "one-two."

**WING:** Area of the field near the touchlines

**WINGER:** An outside forward. Outside defenders are sometimes called "wingbacks."





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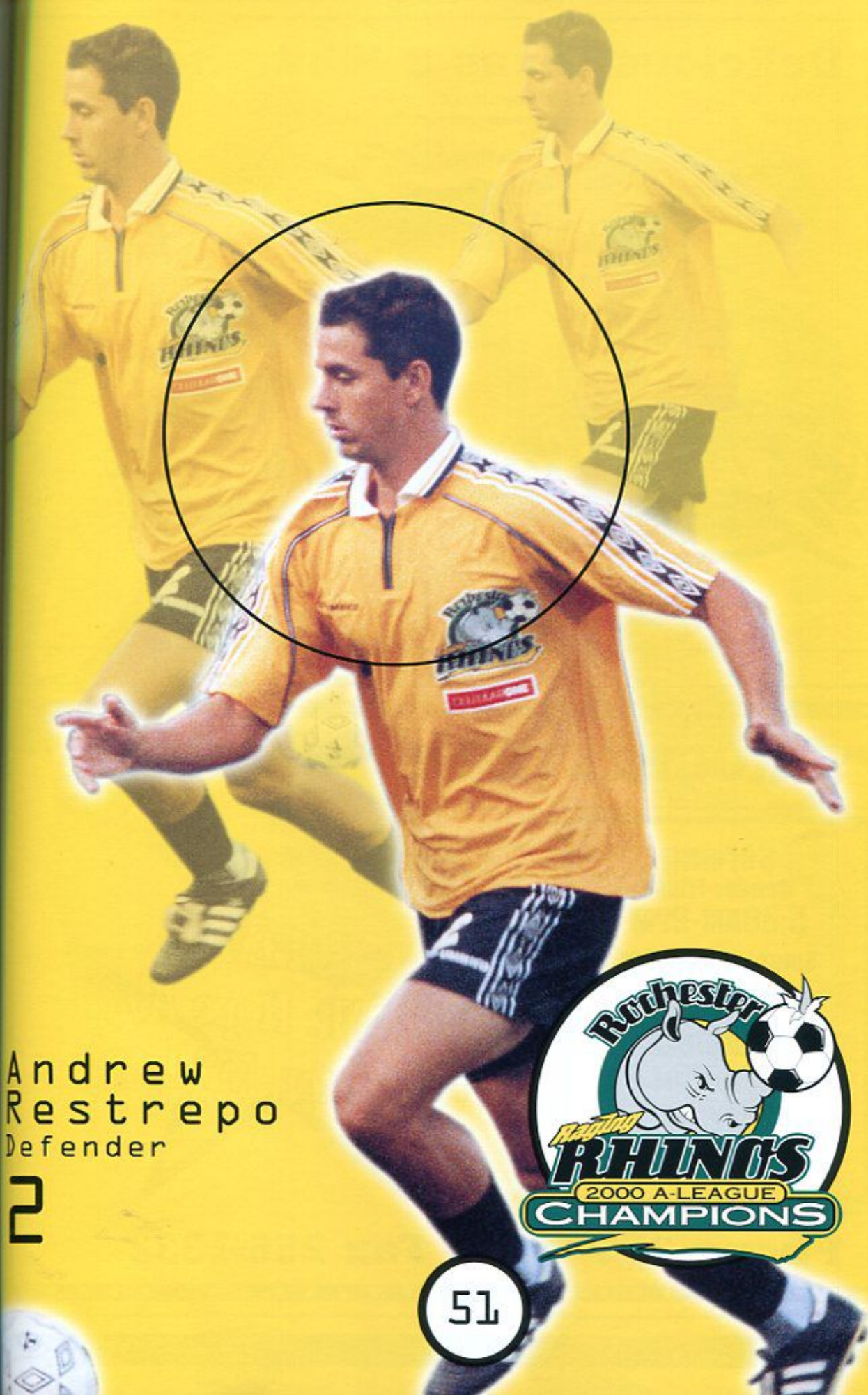
**NOT Just  
Some of It!**

AR  
De  
2



# 2001 ROCHESTER RAGING RHINOS

ROCHESTER RAGING RHINOS



Andrew  
Restrepo  
Defender

2

51





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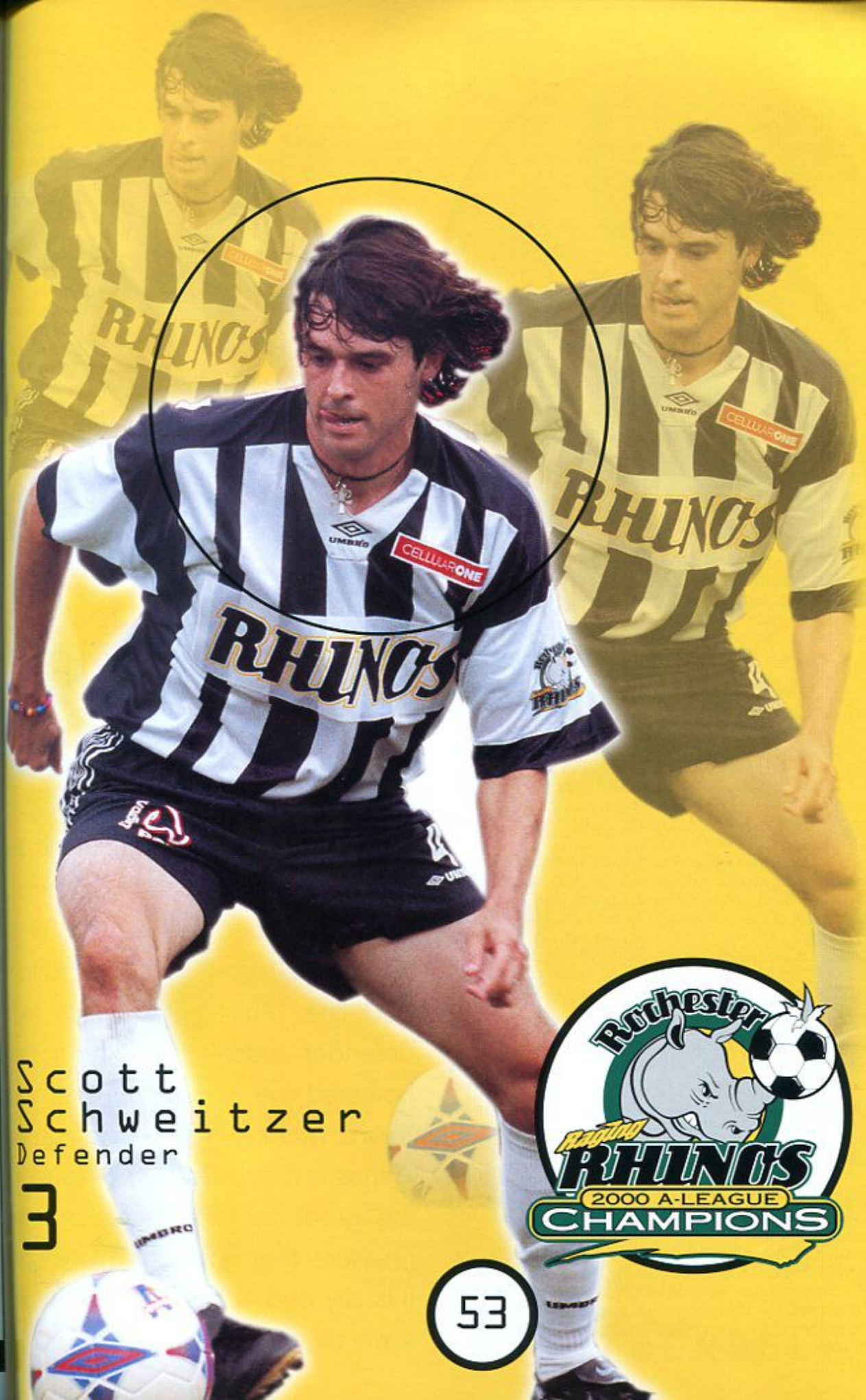
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# 2001 ROCHESTER RAGING RHINOS

ROCHESTER RAGING RHINOS



Scott  
Schweitzer  
Defender

3



53





Mali  
Walton  
Defender  
6

It was the same, but different. The Rochester Raging Rhinos and the Minnesota Thunder battled for the A-League Championship for the third consecutive year. With each team able to claim a victory in the league's final match the previous two seasons, 14,276 fans at Frontier Field would get to see the league's best play in the A-League's ultimate rubber match.

Minnesota captured the league's Commissioner's Trophy for best overall record during the 2000 regular season. But the Rhinos came out strong, taking play to the defending champs. Rochester got on the board first in the 14th minute when Dan Stebbins took a Martin Nash pass and beat Thunder goalkeeper John Swallen from the right side. Nearing halftime, Rhinos midfielder Yari Allnutt increased the Rochester lead to 2-0 in the 38th minute by slamming home his third playoff goal of the season.

The second half saw each team have solid opportunities but none could capitalize until the 77th minute when the game's Most Valuable Player, Onandi Lowe netted his third marker of the post season to send the Rhinos faithful into a frenzy. Just one minute later however, Chugger Adair would spoil Rochester 'keeper Scott Vallow's shutout bid, but that would be all the Thunder could muster as Rochester would go on to win their second A-League title in three seasons.

Rochester's quest for their second A-League title didn't come without some bumps along the way. The team started the season in early May with a 1-0 loss to the Toronto Lynx at Frontier Field. Despite that, the Rhinos would rebound by winning their next two against Boston and at Connecticut, but consecutive losses on the road at Boston and Pittsburgh put Rochester at 2-3, their worst start since their inaugural season in 1996.

The Rhinos, already hearing the fans spirited opinion of their play, would go unbeaten in their next seven games to silence their critics, or so you'd think. The Rhinos averaged just two goals per game during their unbeaten streak and the concern among the faithful was that Rochester couldn't find the back of the net.

Winning on the road was also something that had fans worried. The Rhinos came up empty in their final eight road games of the season while scoring just eight goals in that span.

In addition to their road and scoring woes, the defending U.S. Open Cup champs were undergoing injury problems on the field as well. Three-time team MVP Craig Demmin missed time due to a leg injury, while midfielder Yari Allnutt suffered a collapsed lung after a hard collision that caused him to miss a month. The injury bug didn't stop there as midfielder Bill Sedgewick needed a month to recover from a knee injury. Goalkeeper Billy Andracki also injured his knee against Toronto in late June which would keep him out for the rest of the season.

Injuries weren't the only thing that kept the Rhinos lineup ever-changing. First-year Rhinos midfielder Martin Nash established a new single season franchise record for assists in a season with nine, despite missing eight games while on recall by the Canadian National Team. In addition, forward Onandi Lowe was also a frequent call-up to the Jamaican National Team for the 2002 World Cup qualifiers.

Losing the franchise's all-time leader in goalkeeping wasn't easy but first-year Rhino goalkeeper Scott Vallow stepped in and set any concerns aside.

"Anytime you lose somebody to injury there is concern, but Scotty made a couple of unbelievable saves early on that erased any doubts" said Rhinos defender Carlos Zavala. All Vallow did was start 16 of the final 17 matches while along the way posting a 12-6-1 record with eight shutouts and a league best 0.83 goals against average. The 23-year old walked away with the 2000 A-League Goalkeeper of the Year award as well as a spot on the A-League's first team all-star squad.

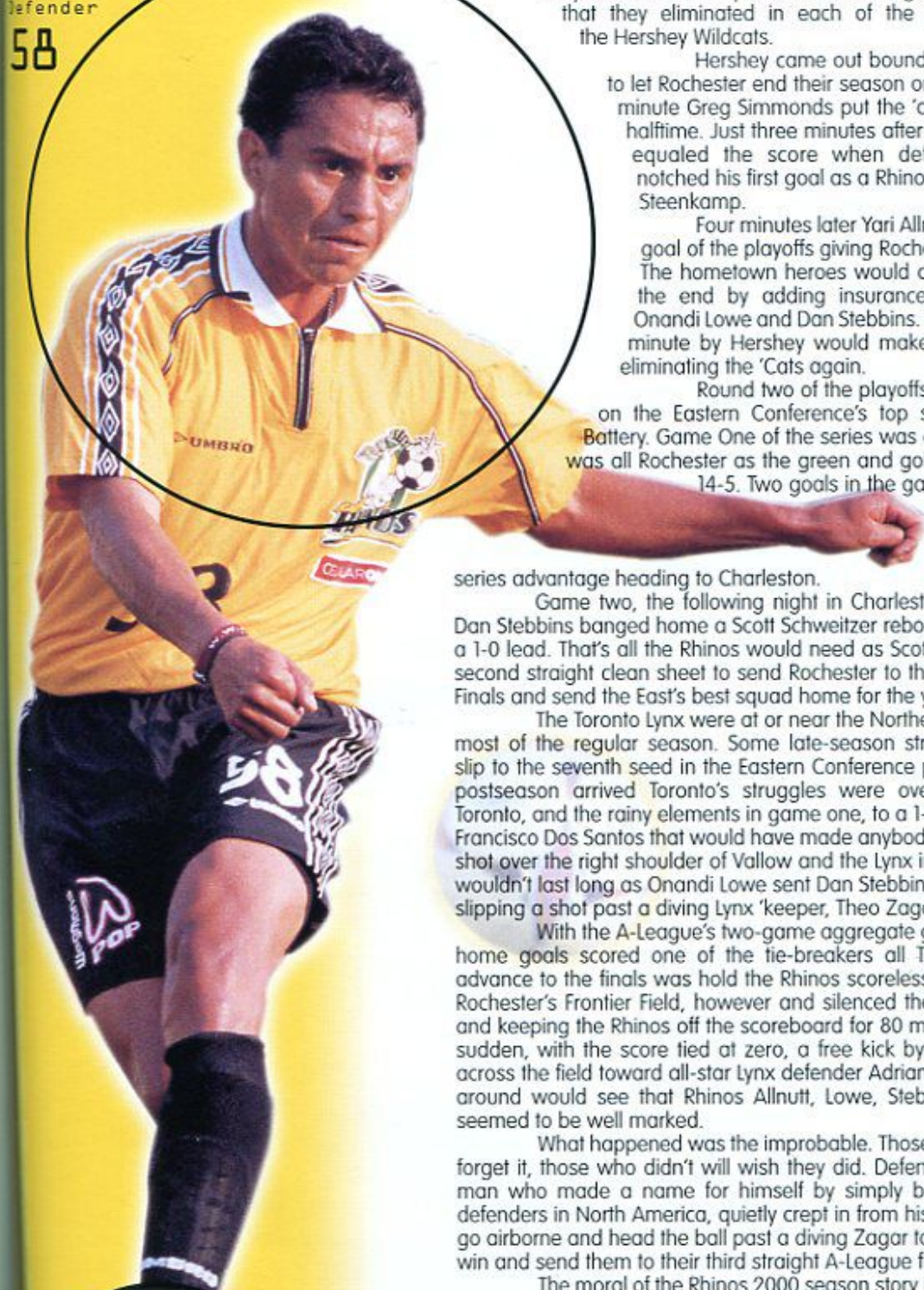
After establishing an internet business in Wisconsin, forward Dan Stebbins, acquired in a 2000 draft day trade with Milwaukee, reported to Rhinos camp in August and notched seven goals in 12 regular season and playoff games.

Another player who lead the way and helped solidify the Rhinos defense was third-year man Carlos Zavala. After having been used primarily in the midfield during his first two years with the Rhinos, Zavala stepped in to start 18 of the final 20 games on the Rhinos back-line. Making the switch to a defender wasn't something that bothered the 31-year old native of Toluca, Mexico. "Any position on the Rhinos is difficult to play because of the great tradition here and the pressure that goes with playing in this city and in front of 12,000 fans every night" said Zavala.



Carlos  
Zavala  
Defender

58



The Rhinos finished the regular season with a 17-9-2 record and second place finish in the Northeast Division. They would enter the postseason with a game against the team that they eliminated in each of the last two seasons... the Hershey Wildcats.

Hershey came out bound and determined not to let Rochester end their season once again. In the 41st minute Greg Simmonds put the 'cats up 1-0 going into halftime. Just three minutes after the break the Rhinos equaled the score when defender Mali Walton notched his first goal as a Rhino from a feed by Lenin Steenkamp.

Four minutes later Yari Allnutt tacked on his first goal of the playoffs giving Rochester the momentum. The hometown heroes would carry that "big mo" to the end by adding insurance goals by forwards Orandi Lowe and Dan Stebbins. A late goal in the final minute by Hershey would make the final score 4-2, eliminating the 'Cats again.

Round two of the playoffs saw the Rhinos take on the Eastern Conference's top seed, the Charleston Battery. Game One of the series was at Frontier Field and it was all Rochester as the green and gold outshot the Battery 14-5. Two goals in the game's first ten minutes

- by Lowe and Allnutt  
- gave the Rhinos a 2-0 win and a 1-0

series advantage heading to Charleston.

Game two, the following night in Charleston saw little change. Dan Stebbins banged home a Scott Schweitzer rebound to give Rochester a 1-0 lead. That's all the Rhinos would need as Scott Vallow recorded his second straight clean sheet to send Rochester to the Eastern Conference Finals and send the East's best squad home for the year.

The Toronto Lynx were at or near the Northeast Division's lead for most of the regular season. Some late-season struggles saw the Lynx slip to the seventh seed in the Eastern Conference playoffs, but once the postseason arrived Toronto's struggles were over. Rochester battled Toronto, and the rainy elements in game one, to a 1-1 tie. A bicycle kick by Francisco Dos Santos that would have made anybody's highlight film put a shot over the right shoulder of Vallow and the Lynx into the lead. The lead wouldn't last long as Orandi Lowe sent Dan Stebbins down the right side, slipping a shot past a diving Lynx 'keeper, Theo Zagar.

With the A-League's two-game aggregate goals format and total home goals scored one of the tie-breakers all Toronto had to do to advance to the finals was hold the Rhinos scoreless. Toronto walked into Rochester's Frontier Field, however and silenced the crowd by retreating and keeping the Rhinos off the scoreboard for 80 minutes. Then all of the sudden, with the score tied at zero, a free kick by Carlos Zavala sailed across the field toward all-star Lynx defender Adrian Serieux. A quick look around would see that Rhinos Allnutt, Lowe, Stebbins and Steenkamp seemed to be well marked.

What happened was the improbable. Those who saw it will never forget it, those who didn't will wish they did. Defender Craig Demmin, a man who made a name for himself by simply being one of the best defenders in North America, quietly crept in from his defensive position to go airborne and head the ball past a diving Zagar to give the Rhinos a 1-0 win and send them to their third straight A-League final.

The moral of the Rhinos 2000 season story is quite simple. After a long season in which many thought the glorious run would end, a team that has captured the hearts of the Flower City rose above a season's worth of adversity to deliver another championship season.

After the Rhinos beat Minnesota in the final, they celebrated on the field along with the many faithful, who had stormed the pitch to join Rochester's soccer champions. When teams come to play in Rochester at Frontier Field, they take on not just a group of guys that call themselves a team, but one that is a family, and one that is proudly backed by a legion of fans who love their Rhinos.

# ...A CHAMPIONSHIP 3-PEAT

ROCHESTER RAGING RHINOS

55

WRITTEN BY  
ERIC TRENDL





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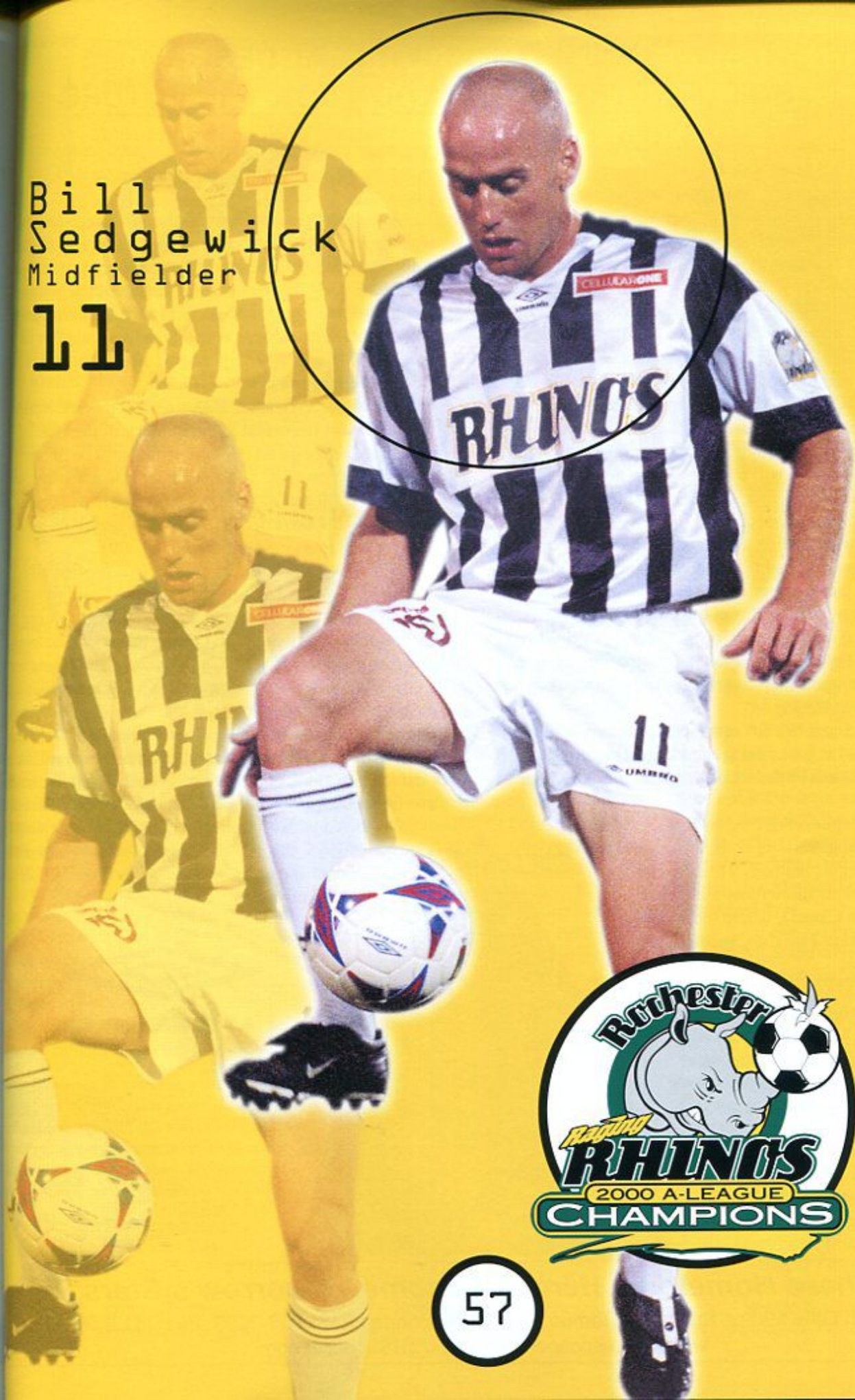


# 2001 ROCHESTER RAGING RHINOS

ROCHESTER RAGING RHINOS

Bill  
Sedgewick  
Midfielder

11







## UNITED SOCCER LEAGUES BUILDING THE FOUNDATION FOR THE FUTURE

The teams featured in today's exciting match are affiliated with United Soccer Leagues, the largest system of national soccer leagues in North America. More than a million persons attended USL games in each of the past six years, part of a growing legion of fans that want to see their country's rising stars play soccer.

Founded in 1986, United Soccer Leagues celebrates its 15th Anniversary with 120 teams in five adult leagues and more than 110 teams in the Super Y-League in 2001. The system provides the starting point for players who aspire to play at the highest level. Top male players are able to follow a pipeline that eventually leads to Major League Soccer, playing for a foreign club, or even being called up to their national team. Top female players will now be able to move on to the nation's new Division I women's professional league, the Women's United Soccer Association.

The phrase "Building the Foundation for the Future" refers to USL's commitment to developing the pyramid structure for soccer in North America. In recent years, the USL system has served as a platform for players who want to proceed to the highest level - MLS and WUSA. Entering its third season, the Super Y-League has created an environment where young players can work their way from their hometown soccer fields all the way to the top.

With MLS and WUSA at the peak, the support structure of the pyramid is USL, the second largest organization of national sports leagues in the nation - second only to Minor League Baseball.

The A-League, classified by U.S. Soccer, the sport's national governing body, as a Division II professional league, includes 21 teams, 18 in various-sized markets throughout the United States and three in Canada, where the league is classified as Division I by the Canadian Soccer Association.

One step below the A-League is the D3 Pro League, which, as its name implies, is classified by U.S. Soccer as a Division III league. With 17 teams competing in 2001, the D3 Pro League is the first taste of professional soccer for many players.

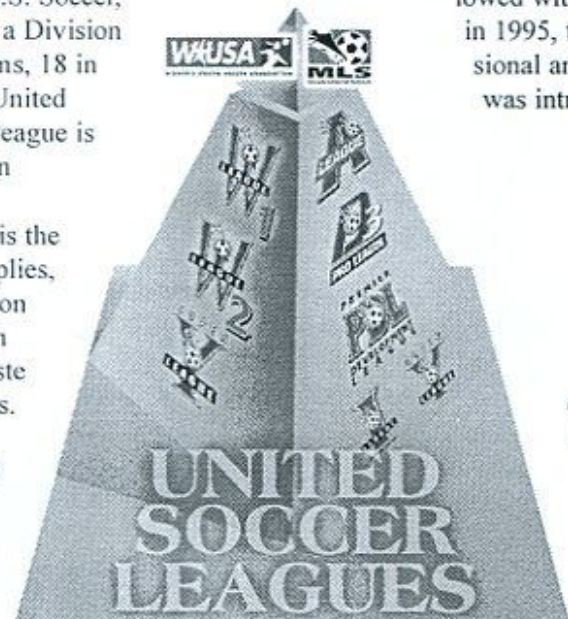
The Premier Development League (PDL), one level below the D3 Pro League, is the largest national developmental league in North America, featuring collegiate, ama-

teur and some professional players. The 2000 season was the league's first step in its evolution toward becoming a U23 league.

Entering its seventh season, the W-League has already benefited from WUSA's arrival. The W-League saw 66 players chosen in the WUSA's inaugural player draft and 11 in the Supplemental Draft. Ten new franchises joined the W-League in 2001 as more and more people want to bring women's soccer to their area. The expansion brings the total number of teams in the W-1 and W-2 leagues combined to a total of 37, the most in the league's history.

The Super Y-League, USL's newest project, represents the final and most important building block of the USL support structure for the game in North America. The Super Y-League, which grew from 16 teams in its inaugural season in 1999 to 75 in 2000 and more than 110 in 2001, will operate U14, U16 and U18 boys divisions and will launch its girls program at the U18 level in select regions in 2001.

Ultimately, the Super Y-League will provide elite competition for youths 14 through 18 years of age, who train and compete on a regular basis in a national league during the summer months. Some Super Y-League teams will be supported by and/or affiliated with USL's adult clubs and teams from MLS, including nationally-renowned D.C. United. USL's history begins with the I-League, then known as the Southwest Indoor Soccer League, in 1986. The indoor league served as an outlet for USL players during the winter months after USL went outdoors in 1989, but indoor members outnumbered the outdoor teams until 1992. An outdoor growth explosion followed with 43 teams in 1993, 72 in 1994 and 96 in 1995, the year the league was split into professional and amateur divisions and the W-League was introduced.



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## A-LEAGUE: Last Stop on the Road to the Top

The National Championship may have been the same, Minnesota-Rochester III, but the road to the championship was an

Frontier Field in Rochester. Rochester claimed its second A-League title and third championship (1999 U.S. Open Cup) in three years with an impressive 3-1 victory.

In other Rochester news, the plans for the new 20,000-seat PaeTec Park have forged into the production phase with approval from state and local government bodies. The \$44 million project is expected to finish around the start of the 2002 season. The stadium developments have led to further discussions with Major League Soccer officials regarding Rochester's possible acceptance into the Division I league.

On the other side of the nation, the Portland Timbers will open their inaugural season at the newly-renovated PGE Park (nee Civic Stadium). The stadium's \$37 million facelift included the installation of FieldTurf, making the Timbers the only professional soccer team in the United States who are using the revolutionary pitch. The birth of the Timbers, coupled with the Vancouver franchise's decision to change its nickname to Whitecaps, gives the Northwest, also home to the Seattle Sounders, a retro-feel as three former North American Soccer League teams will compete in the A-League in 2001.

Also new to the A-League are the Charlotte Eagles, after earning promotion by winning the D3 Pro League National Championship as the sixth overall seed, outscoring their playoff opponents, 16-4. The D3 Pro League title finally put an end to the Eagles' torment of losing in the 1996 and 1997 title games and the 1999 semi-finals. Charlotte capped its championship run with a stunning 5-0 victory over the Regular Season Champion New Jersey Stallions.

The 2001 A-League season should provide more intriguing stories over the next year with changes made over the off-season. The league was restructured into



Charleston's Dean Sewell (left) battles with Raleigh's Ihor Dotsenko, who will play for the Atlanta Silverbacks in 2001.

three conferences, creating the Western "Coffin" Conference with all seven of its teams at the top of the strength-of-schedule ranking, making it arguably the most difficult conference in the league. The qualification process for the 2001 Lamar Hunt U.S. Open Cup was also changed, pitting the American A-League and D3 Pro League teams against one another in mixed qualification groups.

The playoffs were also revised slightly. The two-game, aggregate goal series will be used in each round, excluding the National Championship match. The top three teams from each conference will qualify along with the next best three league-wide, creating a playoff field of 12 teams. The three conference winners and the top second-place finisher will receive first round byes.

Fifteen A-League players took the jump to MLS and were selected in the 2001 SuperDraft, including Rochester's Craig Demmin, who was chosen by the Tampa Bay Mutiny with the sixth overall pick. In addition, Tenywa Bonseu (Pittsburgh) and Dwayne DeRosario (Richmond) were allocated to Columbus and San Jose, respectively, the day before.

### 2001 A-LEAGUE ALIGNMENT

#### CENTRAL CONFERENCE

Atlanta Silverbacks  
Charleston Battery  
Charlotte Eagles  
Cincinnati Riverhawks  
Indiana Blast  
Nashville Metros  
Richmond Kickers

#### NORTHERN CONFERENCE

Connecticut Wolves  
Hershey Wildcats  
Long Island Rough Riders  
Montreal Impact  
Pittsburgh Riverhounds  
Rochester Raging Rhinos  
Toronto Lynx

#### WESTERN CONFERENCE

El Paso Patriots  
Milwaukee Rampage  
Minnesota Thunder  
Portland Timbers  
San Diego Flash  
Seattle Sounders  
Vancouver Whitecaps





# BUD LIGHT BEER



# 2001 ROCHESTER RAGING RHINOS

ROCHESTER RAGING RHINOS



Lenin  
Steenkamp  
Midfielder

23







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# All The RAGE

ROCHESTER RAGING RHINOS

## 2001 RAGE DANCE TEAM

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ANNETTE COMELLA

KATIE FISCHETTE

MEGAN FREEMAN

KATE GELL

KELLY GELL

CHRISTINA GLEASON

CAROLYN IMAN

CHRISTIANNE MCCOMBER

ROBIN NEWCOMER

HEATHER ROLAND

DANA MARIE SOFIA

JENELLE STEVE

VANESSA VAN ORDEN



The 2001 season is Lucy Van Orden's fourth as choreographer for the RAGE Dance Team. She currently teaches at the Rochester Association of Performing Arts and is a member of Dance Members of America. Lucy founded the New York Dance Olympics which is in its 18th year. She is also the former director of DANCEARAMA, which she owned and operated for 15 years.

Professionally, Lucy has represented the Rochester area on national TV's Dance Fever and has won over \$15,000 in cash and prizes dancing competitively. Lucy's choreography credits include the Rochester Dance Models, Roberts Wesleyan Summer Performing Arts Camp and Irondequoit High school Productions "West Side Story", "Crazy for You" and "Guys and Dolls."

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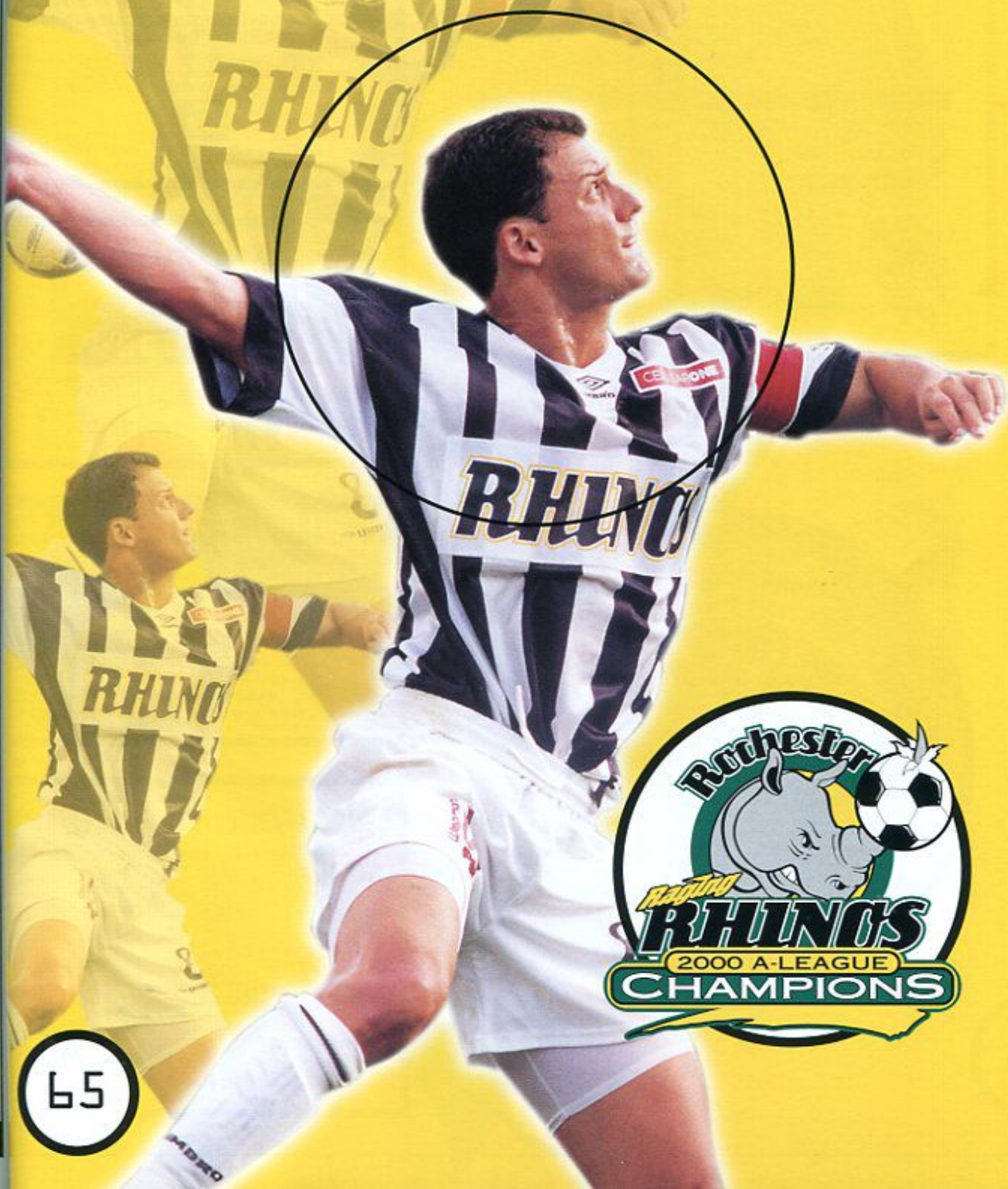


Tommy  
Tanner  
Midfielder



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Lehin  
Steenkamp  
Midfielder

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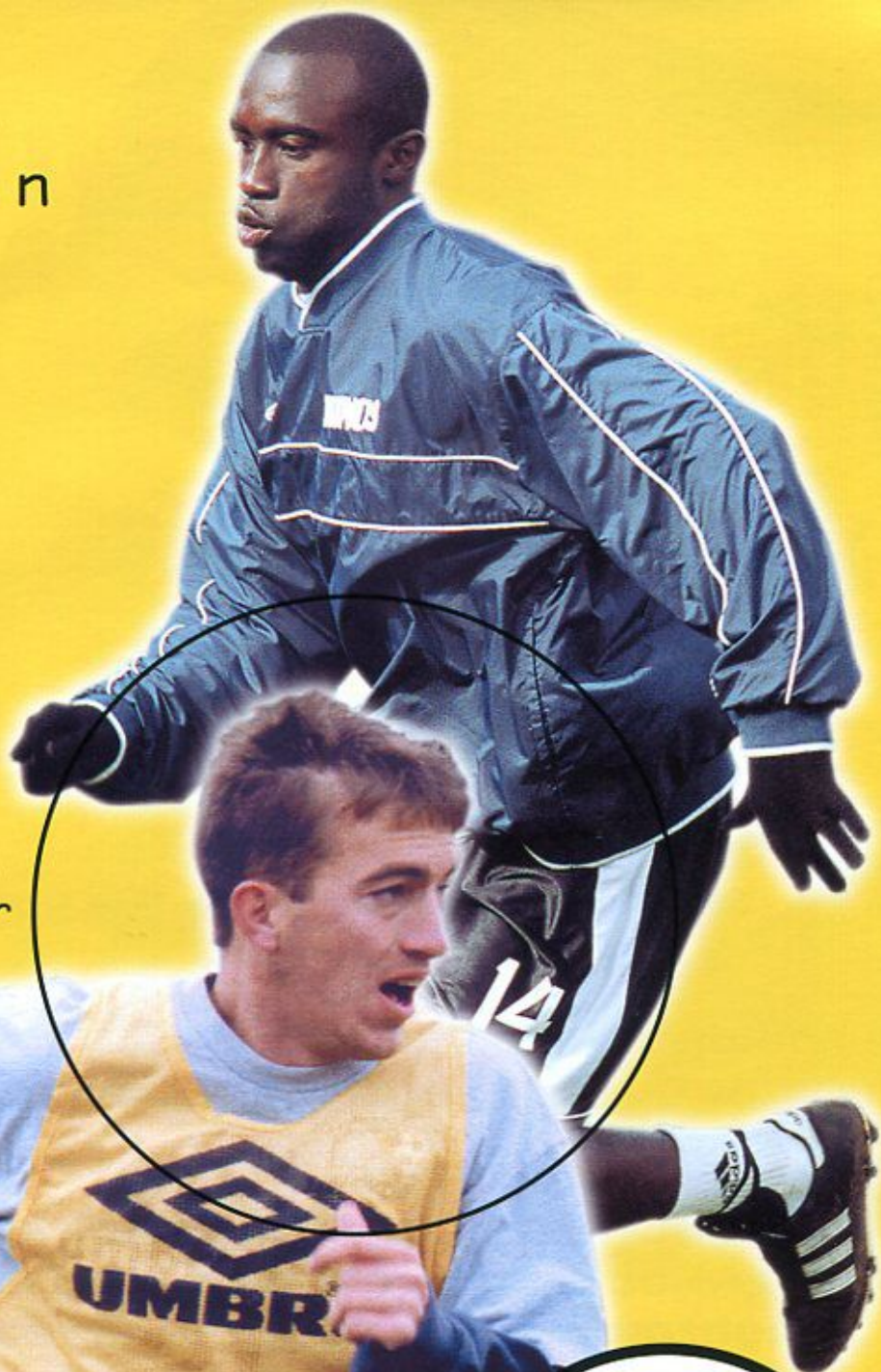


Mickey  
Trotman  
Forward

14

Kirk  
Wilson  
Midfielder

21



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ROCHESTER RAGING RHINOS



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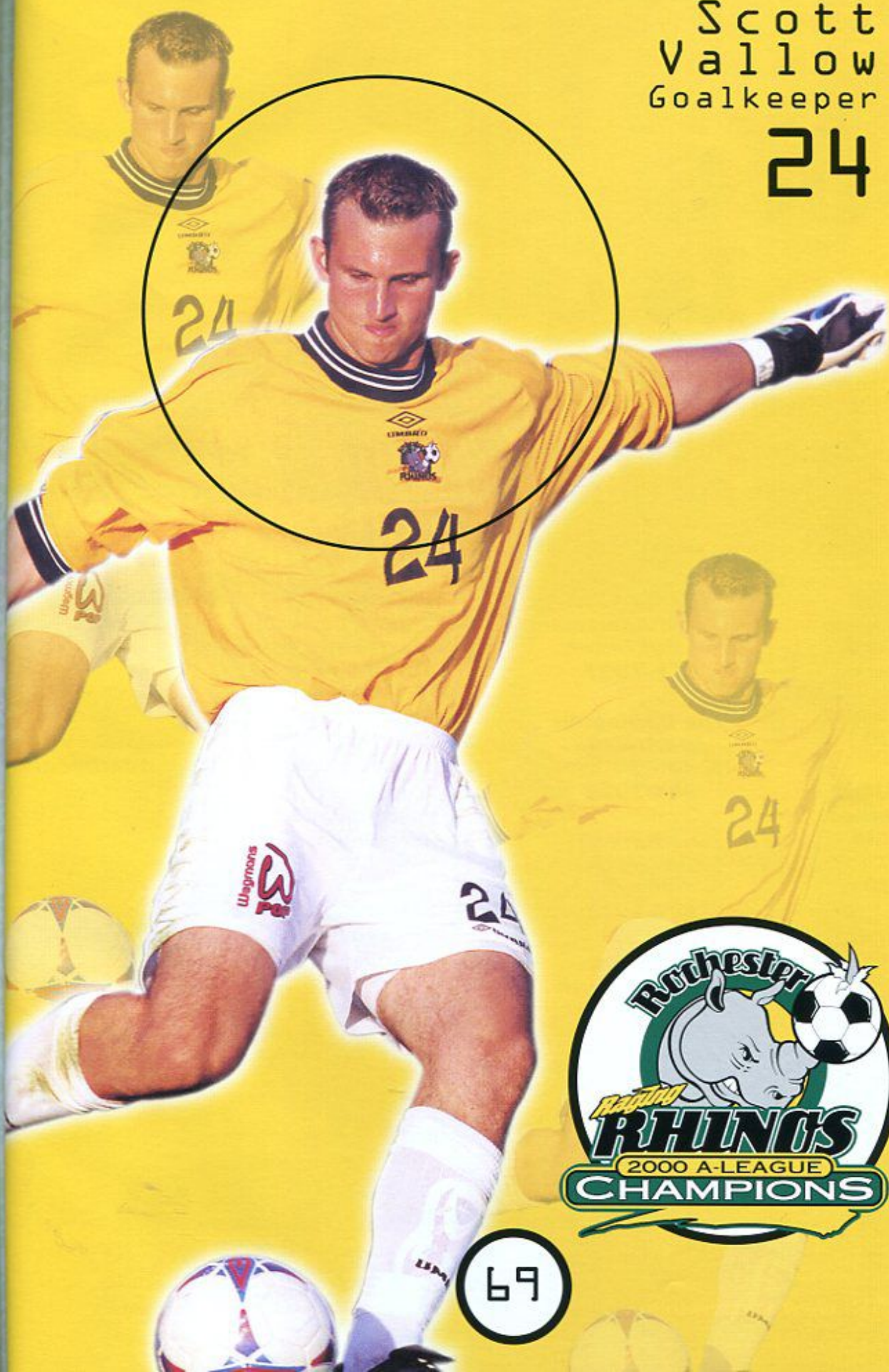


Scott  
Vallow  
Goalkeeper

24

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ROCHESTER RAGING RHINOS



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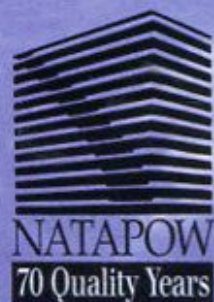
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Mali  
Walton  
Defender



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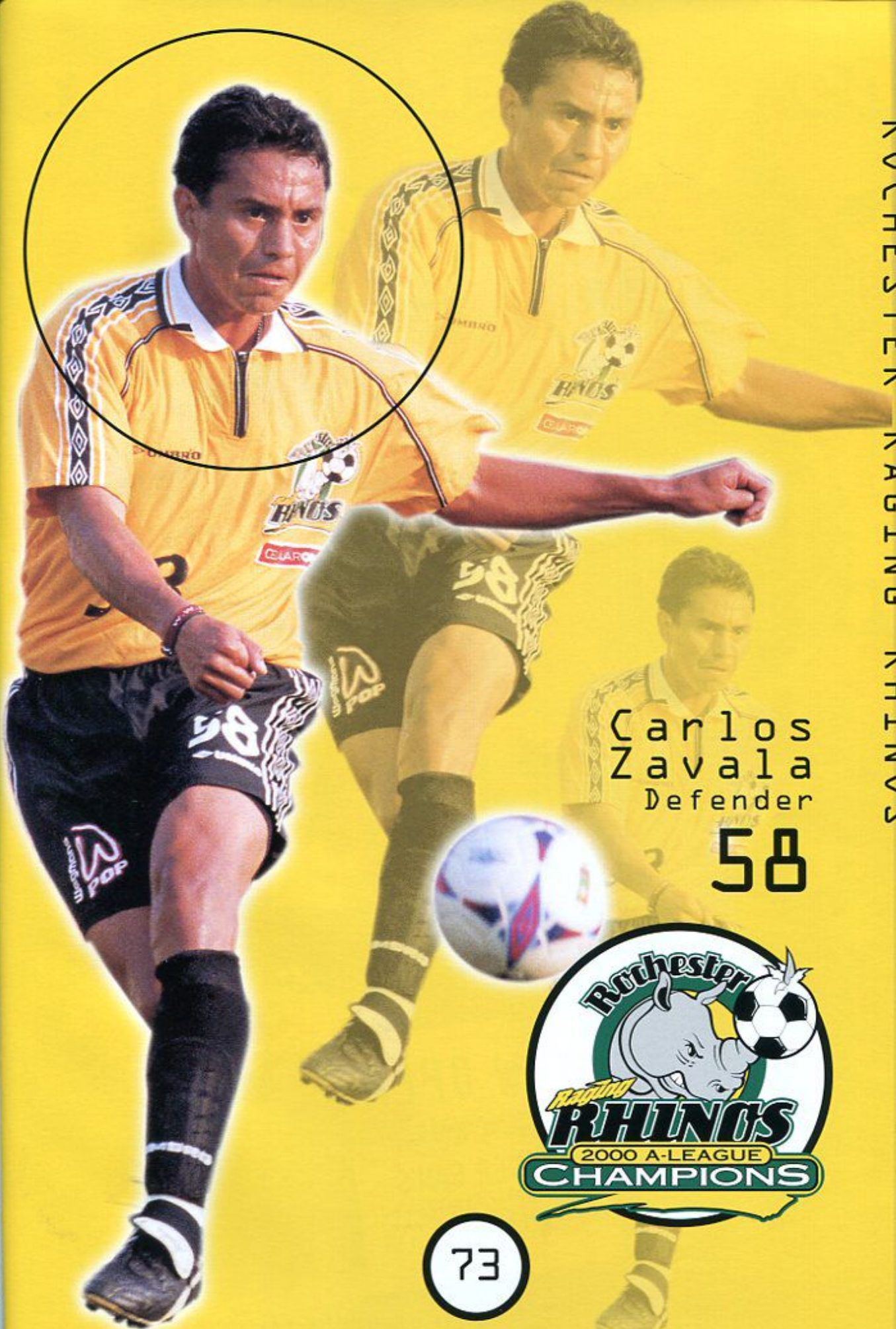
ROCHESTER RAGING RHINOS

Carlos  
Zavala  
Defender

58



73





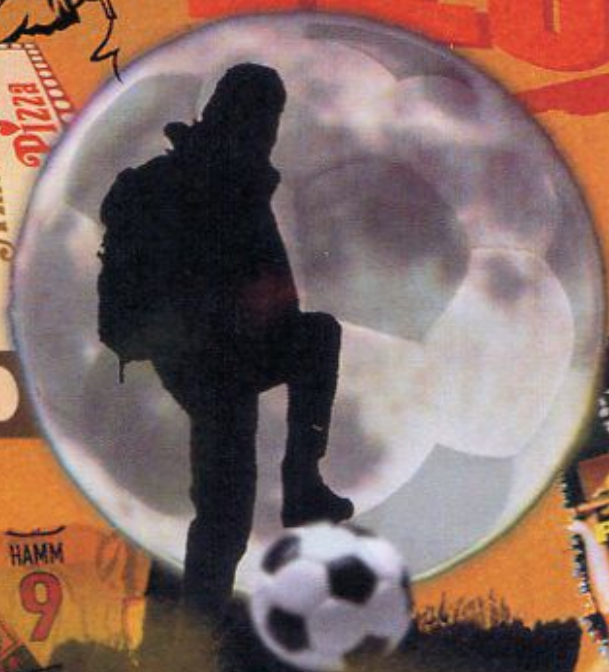
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# Successful Weight Control

## WHICH EXERCISE IS BEST?

Almost everyone has heard by now that exercise is an essential part of any weight control program. Exercise helps you shed pounds, keep them off and look and feel better. But what kind of exercise is best?

There is no "best way" to burn fat. Low-intensity exercise is often appropriate for people with low fitness levels, or those who are overweight. You are more likely to enjoy low-intensity activities and less likely to get injured. There is, however, no reason to limit yourself to low-intensity exercise if you are in fairly good shape and like to work out more vigorously.

The notion that low-intensity exercise burns more fat than high-intensity exercise arises from the observation that the proportion of exercise calories supplied by fat is related to exercise intensity. What do we mean by this? Your body gets energy to exercise from two main sources: glycogen, a form of starch (carbohydrate) stored in the muscles and liver, and fat. During high-intensity exercise, your body prefers to use glycogen because it is more efficient than using fat. At moderate intensity, your body uses some of each. And at very low intensity, your body relies primarily on fat for fuel.

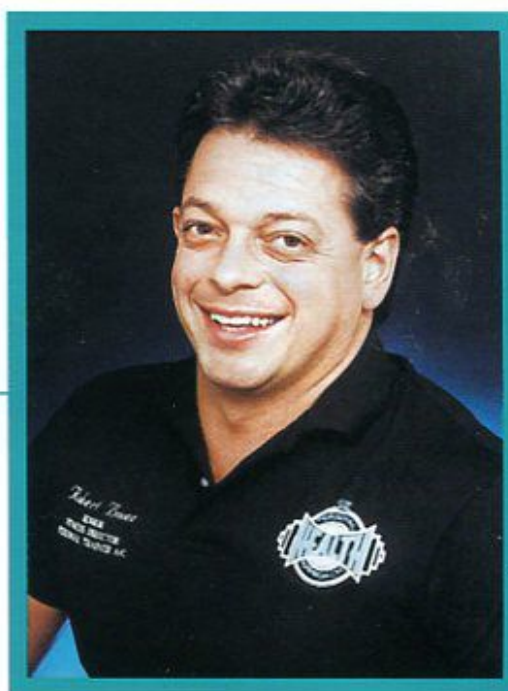
Does this mean you burn more fat at low exercise intensity? Not necessarily because you are also burning fewer total calories per minute. You will probably burn more fat in an hour-long moderately-intense aerobics class than by taking a leisurely stroll for an hour. The proportion of calories coming from fat will be greater for the stroll, but since you burn more calories exercising at a moderate intensity, the total fat utilization will be similar or even higher. And you will burn more calories, which means you can eat more without gaining weight.

Whatever kind of exercise you will do on a regular basis is the best for burning fat. Scientists have yet to discover the "ideal" exercise program to maximize fat loss. The more calories you burn the better, as long as you do not overdo it. If you prefer low-intensity activities, that is fine, but you need to not limit yourself to low-intensity exercise if you are in decent shape and enjoy working harder. The important thing is to exercise regularly, at least five days a week, if possible. You may wish to vary your activities to prevent injury, perhaps alternating swimming with aerobics, or walking with weight training. Do not make your program so complicated that you get frustrated. If walking two miles every day works for you, then go for it and enjoy.

An exercise program should be fun, or at least as painless as possible. Think about all of the things that have kept you from exercising in the past, and eliminate all possible barriers. Consider cost, convenience and personal preferences. Do you like to exercise alone? With a friend? In a class? Do you have any orthopedic limitations, like back pain or foot problems, that limit movement? Take into account your health concerns and fitness goals. What works best for your schedule? A fitness professional can help you design a program that will work best for you.

Many people include some form of strength training, such as weight training, because of its many health benefits, and because it is the most efficient way to improve the strength and definition of your muscles. Many people don't mind some increase in muscle size, since this raises resting metabolic rate (the energy you burn at rest) and looks good. If larger muscles are not attractive to you, you can still improve muscle tone by lifting lighter weights.

REMEMBER: It is physically impossible for muscle cells to turn into fat.



**Written & Researched by:  
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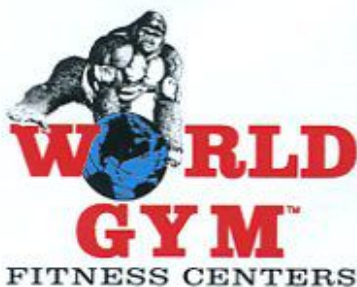
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